



ONE STEP AT A TIME

Strictly break came at just the right time in my career, says Lisa Riley **P12**

FISH OUT OF WATER



Artists put their reputations on the block as they turned chunks of ice into artworks in Canary Wharf • **Report / Page 3**

Mayoral rivals launch first assaults of election campaign

LET BATTLE COMMENCE

• Accusation over 'secret stash' of money • Electoral Commission flags poll worry

THE decorations have come down and the gloves have come off.

In the first clash of the 2014 Tower Hamlets mayoral election campaign, Labour's John Biggs has accused independent incumbent Lutfur Rahman of stashing taxpayer's money for a re-election blitz.

Mr Rahman denied the claim, attacking his rival for his "sinister" take on "bake sales".

Reports / Page 4

Inside



We're on your side

The women looking to give you a post-season pamper, polish & pep

Looks

The million-dollar feel of natural make-up

Fitness

We want to reach the gym-shy women



Travel



Yoga with a side order of Spanish sunshine

SPORT SPECIAL The 12-year-old Limehouse diver who has the Olympics in her sights **P56**



JONES LANG
LASALLE®

Sales & Lettings 020 7715 9700



WEATHER

10C TODAY
Showers

10C FRIDAY
Showers

8C SATURDAY
Light rain

8C SUNDAY
Showers

7C MONDAY
Partly cloudy

TRAVEL

TUBE & DLR
DLR and Jubilee line are fine. Some disruptions on the Overground line around Clapham.

ROADS
No new traffic restrictions.

INSIDE

NEWS
Pages 1-11

WHAT'S ON
Pages 12/45

PROPERTY
Pages 13-44

LIFESTYLE
Pages 46-51

REGULARS
Pages 52-54

SPORT
Pages 55-56



P5



P5

CONTACT US

The Wharf
Trinity Mirror
22nd Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

ONLINE

■ You can follow us, have your say and find exclusive content at our website, our Facebook page and our Twitter feed @the_wharf
■ To read the newspaper on tablets, download our e-edition at wharf.co.uk



ESTABLISHED 1998

Agenda

Feeling flush as a cold front nears

America may be experiencing a cold front, but over here I've got a cold bottom. What is it with restaurants and bars that don't heat their toilets?

There you are, enjoying a lovely warm meal, in a lovely warm restaurant, when you pop for a pee and tragedy strikes – hypothermia. Am I spoilt by the largely clement, climate-controlled Wharf? Perhaps. But a radiator-free bathroom is the least inviting place in the world. Three words. Ice cold seat.

It's distressing to disrobe in a glacial lav. I've watched *Call The Midwife* – I know E14 used to be

BLONDE'S EYE VIEW



ANGELA CLARKE

covered in poverty-ridden tenements devoid of electricity and heating, but I don't need to channel it.

When I go for dinner and I visit the powder room I want organic soap, and luxury moisturiser, and those neatly folded flannels you dry your hands on. A comfortable toilette experience. And there's nothing more comfortable than an ambient temperature.

It's called a restroom, because it should be restful. I don't want a numb bum, frozen fanny or a frostbitten bottom. I have to take layers off in here, guys. It's January. I have to take a lot of layers off.

Why neglect to heat the smallest room of the establishment? Does it stop people loitering in the loos?

I must admit on occasion I've eschewed reapplying my lippy because it was just too nippy. Is it a cunning anti-drugs policy?

No-one will hang around long enough to take anything dodgy if they can't stop their teeth chattering.

Problem is, no-one will hang around long enough to order food and drink either. To quote George Michael's infamous toilet based music video – let's go outside.

Follow Angela on twitter:
@TheAngelaClarke

London eye



Actors Gemma Arterton and James Garnon perform in John Webster's *The Duchess Of Malfi* at the new Sam Wanamaker Playhouse at the Globe Theatre. The theatre is lit entirely by candles, transporting audiences back 400 years to the kind of performances seen on winter nights in Shakespeare's time.

A week in London
Page 52

What our writers are talking about

■ There is evidence Fixed Odds Betting Terminals are causing problems and are often clustered close to deprived areas.
Jim Fitzpatrick MP

■ From September, England will be the first country in the world to make computer programming a compulsory school subject.
Giles Broadbent

■ Don't people realise that when they drive fast through waters they create a wash that is a primary cause of home flooding?
Tabitha Ronson

■ Then, happily tanked up on whisky, we consumed all traces of the haggis until there was nothing left but the memory.
Jon Massey

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

Phone 020 7293 3681
Email newsdesk@wharf.co.uk
Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website www.pcc.org.uk or email complaints@pcc.org.uk. Telephone 020 7831 0022. Helpline: 0845 600 2757.

60 Second Wharf

Loan boost for startups

Startup companies around Tech City are likely to benefit from a £2.5million government loan scheme.

News • Page 6

Putting down roots

The popular Canary Wharf Traffic Light Tree has finally put down roots in its new home.

News • Page 10

News of the plan

Councillors have cleared a scheme to regenerate the News International site with a new community.

News • Page 10

Diet pressure on girls

As the New Year dieting craze takes hold, body image experts are worried about the effect on young girls.

Alive • Page 46

Boisdale's unifying treat

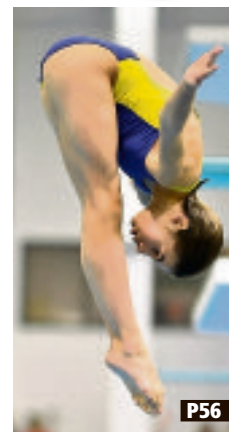
Boisdale has taken the Scottish edge off the haggis with a tasty amalgam of home nations' ingredients.

Food • Page 50

Diver plunges in to 2014

Young diver Scarlett Mew Jensen has launched herself into 2014 with a packed schedule of events.

Sport • Page 56



P56



Touch base with the Wharf

Read our free e-edition on your tablet at wharf.co.uk

the **Wharf**
wharf.co.uk

Artists bring flair (and a chainsaw) to block party



EVENT

Ice sculpting challenge tests creative ingenuity of carvers to melting point

Beth.Allcock
@wharf.co.uk

A weekend of wintertime sunshine set the backdrop for sculptors braving freezing fingers to transform chunks of ice into delicately shimmering designs at Wood Wharf.

Themes of Fabulous Fashion and River Life ensured the stage was set for this year's London Ice Sculpting Festival – the sixth of its kind to be held in the capital – over the weekend.

The competitive action started during the Friday lunchtime rush, with Wharfers flocking to see pairs from 10 countries carve out depictions of river life from a single, one-metre ice block, followed up by a freestyle challenge and the start of the Fabulous Fashion task, completed on Sunday.

Ice Festival judge Peter Harris told *The Wharf* he was on the hunt for creations that showed an interpretation of the theme, technical aspects of the piece as well as strong creativity and “something that’s really off the wall”.



The Spanish team's of Bruno Fleurit and Max Rutgers' representation of a seal ticked all the boxes to scoop the top prize, beating newcomers Mike Kerslake and Anne-Marie Taberdo's entry, The Internal Whirlpool, for Britain.

Mike said: “We are the British team, we are a young team, so we wanted to play and try something we wouldn't normally try.”

“It's something a bit more abstract and we wanted a really beautiful shape rather than a conventional one. We wanted to do it backwards. So we took the block, sliced it in half, carved the shape in the inside and put the two pieces back together.”

Despite missing out on the River Life prize, the GB design proved the most popular with the home crowd, picking up the Public Choice award.

Africa's Steve Amance and Mario Amegee proved they were ice-cool in the style stakes, winning the Fabulous Fashion prize in the two-metre big block competition while American Burr “Buddy”



Depictions of a whirlpool, below left, and a seal, bottom, were among the designs that found favour



Rasmussen showed his creative flair with a winning Tiger entry in the freestyle challenge.

Mother and son Marilyn and Joe Piper enjoyed the icy activities on the festival's opening day, and particularly admired the GB single block entry.

Jo, who works as a doctor, said: “We are really enjoying it. It's perfect for its location and the sculptures go so well with the water in the background and the sun.”

Carol Cordrey, co-organiser of the festival, sponsored by Canary Wharf Group, said: “Seeing so many people captivated by the ice sculpting and relishing the opportunities to interact with the sculptors was hugely satisfying.”

NEWS IN BRIEF

Around east London

Oxbridge joy for new free school

NEWHAM Six students at a free school in Stratford have been offered places at Oxford or Cambridge University, rivaling the offer levels of fee-paying counterparts.

The London Academy of Excellence in Stratford opened 16 months ago with the high profile backing of Eton and the City of London and with an ambition to improve social mobility.

Headteacher Robert Wilne said: “I am delighted that 15 LAE sixth formers were invited for interview at Oxford and Cambridge and that six have secured offers.”

Work begins on hotel at The O2

GREENWICH A two-year construction plan to create a hotel at The O2 has begun.

Balfour Beatty Ground Engineering is undertaking piling works for The InterContinental London The O2 Hotel using 1,800 piles made of precast concrete containing 99 per cent recycled steel.

When completed, the five-star facility will rise to 19 storeys and offer 452 rooms.



THROUGHOUT THE MONTH OF JANUARY WE ARE OFFERING 3 RACES FOR THE PRICE OF 2

£37.50 WORTH OF RACING FOR JUST £25!

Vouchers are valid for 2 months from purchase date & can be used at any Open Racing session Sunday-Friday.

One voucher per person per Open Session.

2 STOPS FROM LIVERPOOL ST STATION LOCATED CLOSE TO CANARY WHARF & THE CITY

VOUCHERS ARE NON REFUNDABLE AND CANNOT BE USED ON DAY OF PURCHASE. USUAL TERMS & RESTRICTIONS APPLY. ALL DRIVERS MUST BE 5FT TALL OR MORE. VOUCHERS MUST BE PURCHASED IN ADVANCE.

ARCHES 422-424 MILE END PARK BURDETT ROAD LONDON E3 4AA



Suzanne's Shaw-footed



SINGER-turned-celebrity skater Suzanne Shaw added a splash of pink to Ice Rink Canary Wharf last week.

The champion of ITV's third series of *Dancing On Ice* showed off some fancy footwork as she filmed promotional shots for the programme's latest coverage.

Suzanne is again appearing in the latest edition of the popular show, which brings back former winners and participants for a further stint on the ice.

And her practice on the Wharf proved useful as on Sunday's show her routine with skate partner, Matt Evers, topped the leaderboard.



ELEPHANT ROYALE
Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4pm) £16.50
3 COURSE SET LUNCH (Mon-Fri 12 - 3pm) £11.50
1 COURSE EXPRESS LUNCH (Mon-Fri 12 - 3pm) £7.50

OPENING TIMES:-
 MON - THURS: NOON - 3PM and 5.30PM - 10.30PM
 FRI: NOON - 3PM and 5.30PM - 12PM
 SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS **OPEN KITCHEN**
LIVE MUSIC (WED - SAT) **POLYNESIAN COCKTAIL BAR**
AL FRESCO DINING **PRIVATE CAR PARK**

020 7987 7999
 WWW.ELEPHANTROYALE.COM
 Locke's Wharf, Westferry Rd,
 E14 3WA
 DLR - ISLAND GARDENS
 Also at Gants Hill - Tel: 020 8550 8886

Cake sales, 'secret funds' and feuding

POLITICS

Rob.Virtue
 @wharf.co.uk

TOWER Hamlets Mayor Lutfur Rahman has denied moving £80,000 worth of funds for community groups into an events budget to help his re-election campaign in the run-up to this May's vote.

The allegations were raised at a council Overview and Scrutiny Committee meeting last week, which has asked for assurances from the Mayor he would not use the cash to fund activities before the election.

Labour's candidate for Mayor of Tower Hamlets, John Biggs, said the decision to use the Community Chest fund for "community events" before the end of the financial year came in a closed door session last month.

He said: "It looks again as if Lutfur Rahman is trying to use taxpayers' money to buy votes rather than to help vital voluntary sector organisations strengthen themselves and improve services for local people.

"I know he's invented a new political party but funding a series of parties to help his election is improper."



John Biggs, left, and Lutfur Rahman

Labour's spokesman for resources Cllr Carlo Gibbs said: "Scarce council resources should be directed towards organisations that really need it. Yet time and again we have seen Lutfur Rahman using taxpayers' money for his own political advantage.

"We are deeply concerned that instead of funding worthy causes like welfare advice centres, Rahman has decided to put all this money into a pre-election events fund."

A spokesman for the Mayor's Office denied any wrongdoing. He said: "The Community Events Fund pre-dates the mayoralty and the money is for local people to bid for and spend on small events.

"Only John Biggs could find something sinister about summer fetes and bake sales."

Commission says voting in borough is 'vulnerable'

POLITICIANS have reiterated calls for a clampdown on electoral fraud in Tower Hamlets after the Electoral Commission included it in a list of shame this week.

The borough was one of 16 UK areas, and the only in the capital, cited as "vulnerable" by the watchdog, which urged the council to bring measures in. These included voters needing to show ID at polling stations and restricting campaigners' access to postal votes.

Conservative leader Cllr Peter Golds said: "It cannot be sensible that it is easier to vote than join a library, as is the case at the moment.

"I welcome the proposals to restrict candidates and campaigners handling postal votes. This has been another source of allegations in Tower Hamlets, and the potential for abuse understandably concerns the public."

However, he said the recommendations did not go far enough to preventing electoral fraud in the borough and called for tougher action from the police.

"If we are to have faith that May's election results are fair, that has to change. Now is the time for the Metropolitan Police to commit to follow up election fraud allegations and, where there is evidence, prosecute."

The council said while it welcomed the commission's report, most of the recommendations had already been implemented.

It said: "The Electoral Commission has previously confirmed that our activities exceed current practices in the vast majority of other London boroughs and we were found to be above standard in a report published by the Commission in May 2013."

The Electoral Commission wants its recommendations in place by 2015.

THE BATTLEFIELD

■ The coming months could see a political bloodbath in Tower Hamlets as we build up to the Mayoral election.

■ On May 22, voters will head to the poll booths to choose who will take the £65,000-a-year job of controlling the borough's estimated budget of £1billion.

■ Rewind back to October 2010 and independent candidate Lutfur Rahman took the seat after winning over 50 per cent of the vote, more than double the percentage of Labour's Helal Abbas, capping off a disastrous campaign for the party.

■ Rahman is all set to stand again – although an official announcement has yet to be made – and Labour is keen not to repeat the mistakes of four years ago.

■ It was back in April last year John Biggs was given the task of becoming the first Labour politician to take the top job at Tower Hamlets.

■ The Conservative Party, meanwhile, is currently drawing up its final shortlist for who will stand in the election. It's planning on holding a meeting in the next few weeks when a vote will be held to decide on its candidate.

Digest

TV Larry becomes first Angel of restoration

GREENWICH Actor Larry Lamb embraced a new role on a recent visit to Greenwich, becoming the first Angel of the Old Royal Naval College (ORNC).

The former *EastEnders* star joined forces with its chief executive Brendan McCarthy to launch the attraction's new fundraising programme and friends scheme.

ORNC Angels memberships – which offer access to exclusive events – will provide funding for conservation projects including the current restoration of the site's 72 Victorian lanterns and future work on the Victorian skittle alley and Jacobean undercroft.

Go to ornc.org/angels.

9/11 work showcased in study of conflict and art

TOWER HAMLETS Artwork created by a man who witnessed the destruction caused by 9/11 is being showcased at the Imperial War Museum North (IWM).

East Londoner John Timberlake conceived *Another Country XV* at a studio in Lower Manhattan in 2001, after beginning his sequence of wartime-influenced work in 1999.

Talking of his piece within the *Catalyst: Contemporary Art And War* exhibition in Manchester, John said: "*Another Country XV* dealt with a perverse nostalgia for the Cold War threat, but it felt that the context for the depiction of war and conflict had changed."

Tributes to student lost in the New Year storms

LONDON A Greenwich University student died while trying to take photos of a recent storm, it is believed.

Harry Martin, 18, who recently began a film and TV production course was last seen on January 2 before he headed to a coastal path near his Devon home.

His body was recovered from the sea on Sunday morning.

The Rev Anne Legge of St Peter's Revelstoke, said: "Harry's family remain very grateful to everyone who has searched and especially to those who went out and contributed to the discovery of Harry's body."

Friends took to social media sites to pay tribute to the student.



Police are looking for this man

Search for man who groped DLR woman

CANARY WHARF Police are hunting a man who groped a woman at the Wharf's DLR station.

Officers have released images of someone they want to speak to in relation to the assault on the 30-year-old victim, which took place on January 3, at 9.20pm.

Det Con Anna Fisk said: "We do not tolerate unwanted sexual behaviour of any kind on the transport network and take all reports seriously."

"If you recognise this man, or have any information that could help our investigation, please contact us."

The suspect is understood to have walked up behind the woman, before touching her and walking off.

The appeal comes on the back of Project Guardian, an initiative aimed at improving levels of reporting by victims of sexual offences.

Contact British Transport Police on 0800 40 50 40, or text 61016, quoting background LUA/B9 of 10/01/14.



Power to you

We want to lure the ladies too shy to hit the gym **P47**

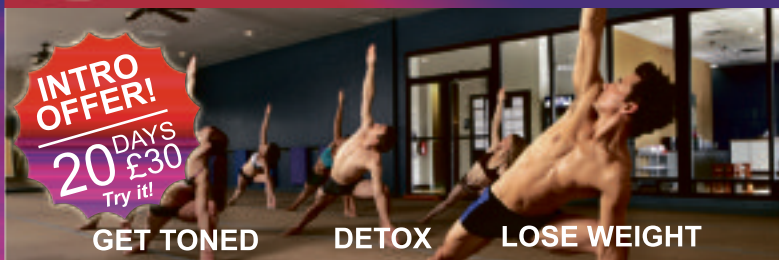
STILL TO COME



Au naturel

Natural ingredients for a natural look **P49**

BIKRAM YOGA LONDON



INTRO OFFER!
20 DAYS
£30
Try it!

GET TONED

DETOX

LOSE WEIGHT

2014. It is Time.
New Year. New Life.

BYL Premium Membership



Attend any class, any time!

£118/mo

£89/mo*

OFFER ENDS 28 FEB!

BYL Monthly Off-Peak



Attend Mon-Fri up to 4PM, & all Weekend classes.

£79/mo*

Now available to everyone!

The BYL Weekender



Attend starting Fri (excl. 7:15PM), & through the entire weekend.

£59/mo*

OFFER ENDS 28 FEB!

INTRO OFFER...20 DAYS FOR £30!!

www.bikramyogalondon.com 0207.537.2002

*T&Cs apply.

citycruises.com/supersaver

LONDON'S NO.1 SIGHTSEEING TOUR ON THE THAMES

SEE LONDON FOR LESS
SIGHTSEEING
SUPERSAVER £5

IMAGINE THIS! Freedom to travel the river for just £5.00 (kids up to 14 just £2.50). Hop on and off any City Cruises boat at any of our piers between Westminster and Greenwich. Sail to the Cutty Sark. Stop off at the Tower. Or head for a spin on the London Eye! To get your Supersaver voucher simply go to citycruises.com/supersaver Offer ends 13th February 2014.

All boats have cafe/bars, toilet facilities and most are wheelchair accessible. Please check at the pier.

citycruises
LONDON'S NO.1 ON THE RIVER

SAILINGS EVERY 30 MINUTES FROM WESTMINSTER, LONDON EYE, TOWER AND GREENWICH PIERS

News

Minicabs motor to milestone moment

BUSINESS

Customer makes the millionth journey on Christmas Day

Beth.Allcock
@wharf.co.uk

WITH a rapidly-expanding fleet of vehicles and drivers, east London's Carrot Cars reached a healthy milestone by carrying its one-millionth passenger this winter.

Account manager Adam Wiltsher said the South Quay-based business had attracted a loyal following from residents and business clients during the past four years.

One such customer is James Hunt, who made the millionth trip from his Limehouse home to north London, on Christmas Day. He won £100 of Carrot Cars Gift Cards.

Adam said: "We knew we were coming close to the milestone, and that was really nice."

"We had an inkling because we were so close to Christmas but we were so

busy over that period, we had been doing double jobs as well."

With an initial drivers pool of 20, four years later the firm has 100 car staff on its books and recently moved into a larger office to accommodate more call centre operators.

The company says it has two resolutions for 2014 – to continue expanding and to improve customer care.

"We are looking for an increase in service standards – this was something that could be improved upon in this industry," said Adam, adding all staff wore uniforms and were fully-trained.

"Instead of going for the chauffeur driven car we stuck with minicabs, and provide a standard of service and upkeep of cars which has gone down really well."

"We work with some major hotels and restaurants in the Canary Wharf area and have contracts with them, and we concentrate on our area."

"Of course, we would love to be as big as Addison Lee, but if

we do the basics right we are on the way."

Go to carrotcars.co.uk or call 020 7005 0557.



We're getting the basics right, says Adam Wiltsher



Alex Foster and Ben Gamble have used funding for their fitness app

£2.5m loans to ensure tech growth has funding

TECH

Beth.Allcock
@wharf.co.uk

STARTUP companies in and around east London's Tech City are predicted to prosper following a Government cash injection of £2.5million.

The seed finance, to be made available to about 400 entrepreneurs across the capital during the next 12 months, will be delivered by Start Up Direct, also based in the Shoreditch hub.

James Pattison, managing director of Start Up Direct, said: "This £2.5million to be lent over the coming year is going to have a significant impact on London's startup scene, particularly around Tech City."

"We are seeing a real coming together of talent and ideas, alongside an enthusiasm for entrepreneurship from investors and the Government."

One business that received a £15,000 loan in September is Race Yourself founded by childhood friends Alex Foster, 24, and Ben Gamble, 25.

Race Yourself is an app for the soon to be released Google Glass, which aims to make exercise more interesting by transforming it into an augmented reality game.

Wearing Google Glass, users can race against themselves, a friend, a 400 tonne cargo train or even a horde of flesh eating zombies.

Since receiving the Start Up Direct Loan, the company has expanded its team to 10 and developed a prototype, as well as securing a further £200,000 of angel investment as they gear up for the Google Glass launch in May.

Co-founder Alex Foster said: "We started out last summer with a great idea and some personal savings, but we needed a cash injection to develop it into a workable product."

"We have since expanded and set up operations in San Francisco and we're now focusing on fine tuning our app."

"2014 is set to be the year of wearable technology and the growing gamification of real life. We intend to ride this wave."

Go to loans.startupdirect.org.

BUSINESS IN BRIEF

■ CANARY Wharf's Level39 will host the first Lab Day for bankers seeking pioneering new ways to do business.

Members of the Bank Innovators Council (BIC) will gather at the accelerator space for finance, retail and future cities technology for the event on February 13.

The Lab Day immediately follows the Finovate-Europe conference, at Old Billingsgate Market Hall, on February 11 and 12.
Go to bankinnovatorsCouncil.org.

■ ALMOST 28,000 new jobs were created in the City last year, a decline of 21 per cent on 2012.

Mark Cameron, chief operating officer at recruitment firm Astbury Marsden, said: "The City jobs market is finally starting to gather some momentum as bank profits start to return. But we are still waiting for the big investment banks to flex their muscles and initiate the levels of hiring needed to sustain the recovery."



We couldn't make it any easier.

Finding the ideal IT opportunity isn't always easy. That's why we provide a clear solution.

PlanetRecruit is one of the UK's leading IT jobsites. We consistently find talented technology professionals the most relevant jobs both in the UK and abroad.

Our expertise means we can find you the right opportunities, without the hassle. And our connections with recruiters and employers means we can get you into all the best places.

To find the perfect job go straight to PlanetRecruit.com/jobs



Energetic Humorous
Happy Relaxed Positive
Expressive Image Action Joyous
Thinking Clarity Experiences
Relationships Efficient Intuitive Career
Intimacy Prosperity Self-Growth
Abundance Family Insight Appreciation
Discovery Enterpriseing
Dialogue Confidence

**Avalon Talking Therapies,
Dreamwork & Training**

facebook.com/AvalonAssociates
www.hypnotherapyuk.com
www.canarywharftalktherapy.com
077002104656

facebook.com/AvalonAssociates

Clinical Hypnotherapy

Past Life Regression

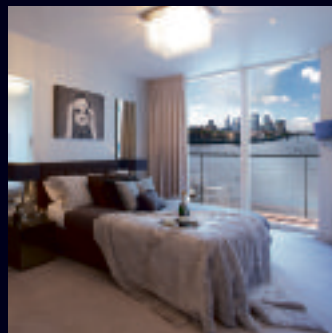
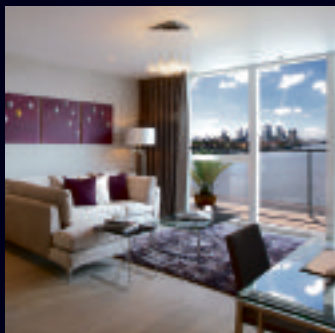
Working with your Dreams

Working with Metaphoric & Intuitive Cards

Relaxation Audio CDs

Some insurance and most company training budgets accepted

PRIME | TIME



MOVE IN EARLY SPRING

FINAL LAUNCH



STUNNING NEW APARTMENTS IN ROYAL GREENWICH

EXCEPTIONAL SPACE & SPECIFICATION

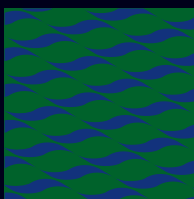
2 BED FROM £495,000

3 BED FROM £605,000

PRIVATE GYM, SWIMMING POOL, RESTAURANTS, RETAIL & CRÈCHE



*The RIVER
GARDENS*
at ROYAL GREENWICH



**JONES LANG
LASALLE**

CALL 020 3747 6111 OR VISIT therivergardens.com

Notebook

Hurrying back to city from the drowning countryside

We went to stay with Master A's godparents at the weekend. Having escaped from the big city several years back, they are living the dream in a rather charming hamlet in the south of England.

It's very genteel, quintessentially English – listed cottages, box hedges, a quaint little boozer, even a red telephone box on the village green where the local team still plays cricket.

My friends had warned me about the severe weather in the area but, having had the date pencilled in the diary for

several months, I decided to take a chance.

As we pulled off the motorway, onto the winding country lanes, I began to regret my decision. My car is designed to drive upon terra firma, not submerge into the watery depths like some Argo Frontier. I inched the car along, the water washing up almost to window level with every rotation of the wheels.

From the motorway turn off, the journey to my friends' home normally takes 10 minutes; this took us five times that. We finally arrived to find my

WORKING MUM



TABITHA RONSON

friends wading through water, building a sandbag bank in front of the driveway to their house and door.

Instead of the weekend of relaxation I had envisaged with my friends it was one of stress – although not in the case of Master A who thought it was one big wet and wild adventure.

Each of us took it in turns to keep an eye on the rising water levels, repositioning sandbags and clearing debris from the channels where necessary.

There was even the need to monitor passing traffic, as a surprising number

of idiotic drivers seemed to think it was a blast to race through the water. Don't people realise that when they drive fast through these waters they create a wash that often is the primary cause of properties flooding?

I was pleased to be of help while I was there. However, when the time came, I was delighted to leave my friends to their charming so-called Good Life experience and hot foot it back to the big smog.

Working Mum, reminded how easy Master A and I have it living in the capital.

POLITICAL VIEWPOINT

By Jim Fitzpatrick

Why betting machines need curbing

I know many families and communities are concerned about the impact of Fixed-Odds Betting Terminals (FOBTs) – gaming machines on which people can bet as much as £100 every 20 seconds – on our high streets.

Recently, the shadow front-bench called an Opposition Day debate on this in the House of Commons.

There is clear evidence FOBTs are causing problems in local communities and that betting shops with the machines are often clustered in close proximity to one another or close to deprived areas.

This can have a serious impact on other local businesses and lead to concerns about anti-



I believe communities should be able to act in response to concerns

social behaviour. One in three calls to the gambling hotline are also about these machines and critics have argued their high-speed nature makes them particularly addictive.

I believe local communities should be able to act in response to concerns about these machines and that local authorities should have the power to deal with their growth and the number of betting shops in our high streets.

In order to reduce the harm these machines can cause, measures should also be introduced to slow the rate of play and to interrupt players when they have been playing for long periods.

That is why I supported the shadow frontbench motion calling on the Government to take precisely this action. Unfortunately, though, the Government rejected this motion.



MP for Poplar and Limehouse

Wharfinger The long view



1999 The Queen officially opens Poplar Dock Marina, Docklands, where 90 boats can be berthed in luxury.

1970 Pigeon fancier William Bailey prepares to auction his stock for charity. Wally Pope 58, of Barking Road, Plaistow, organised the auction to save the life of Billy Taylor, five, of Canning Town, who is suffering from leukemia. More than 200 birds were auctioned and the highest price raised was £65. One pigeon was supposed to be worth £150 reached only £45. The pigeons were all donated by club members and people from the area. Enough money was raised to send the boy to a specialist clinic.



High Five Board games



Telestrations, £19.99
A game like Chinese whispers only with quick sketches.



Bugs In The Kitchen, £19.20 Create a course for a hexbug Nano to scuttle along.



PLYT, £24.67 By doing sums and taking risks, you will progress quicker.



Monopoly Empire, £14.99 A quick version of the classic in which you buy brands.



5 Second Rule, £14.99 Name three things, by topic, in the allotted timespan.

SPIRAL NOTEBOOK

By Giles Broadbent

Teaching code in schools is step forward

Canary Wharf's Level39 incubator sponsors a coding club network across Tower Hamlets.

This nationwide network of volunteer after-school clubs aims to let children rip the screen off their computers and tablets and let them rummage around with the gubbins inside.

Britain has a long-standing tradition of software development which grew out of the early accessible machines such as the Acorn and Spectrum.

From the early childish thrills of writing rude words that filled the screen, the result has been a profitable industry that has given the world *Lara Croft* and *Grand Theft Auto*.

That spirit was lost with



The spirit of the early machines was lost with closed devices

the closed devices, although recent innovations such as the Raspberry Pi aim to revive the idea that children would enjoy fooling around with circuits and logic commands just as much as flinging irate birds at dodgy architecture.

Fortunately – and shamefully late – the coding clubs will become an added extra, not the sole engine of computer science education.

From September, England will be the first country in the world to make computer programming a compulsory school subject.

Computer code – like English itself – has become the essential way of describing, transcribing and shaping the modern world.

Sad that we insisted on the limited (albeit charming) backwaters of French for so long while failing to recognise the significance of a truly global, relevant and growing language.



Follow Giles Broadbent on Twitter @MediaGulch

CHINADAILY 中国日报
EUROPEAN WEEKLY

Connecting **China**,
Connecting **the World**.

Ready steady... Subscribe!



SUBSCRIBE NOW
WWW.GETCHINADAILY.COM

12 months - £60 50 issues
6 months - £40 25 issues

China Daily - your one-stop weekly guide through which to better understand the Chinese business market, culture and political news. Subscribe today and make the connection!

Curtain rises on theatrical partnership

CULTURE

Beth.Allcock
@wharf.co.uk

TWO organisations passionate about staging diverse drama in Greenwich have joined forces.

Greenwich Theatre has taken the talents of the Sell A Door Theatre Company, in Greenwich High Road, under its wing as part of a formal partnership that will see the staging of three collaborative projects in 2014.

These include Robert Louis Stevenson's *Kidnapped* in April, a revival of *Avenue Q*, by Robert Lopez, Jeff Marx and Jeff Whitty, running into May and Lewis Carroll's enchanting tale of *Alice In Wonderland*.

James Haddrell, director of the Crooms Hill theatre, said: "Sell A Door is a great example of the work we do in supporting the development of this country's finest young companies."

With a staff of seven at its base, Sell A Door's artistic director David Hutchinson said he was "delighted" with the link.

"The theatre always has time for us and allows us to be innovative," said David.

"Not many theatres are like that, especially during a period of cuts."

"We are only in the position to build audiences because we were given the chance in the first place."

What's On / Page 12



The Traffic Light Tree now stands on the roundabout near McDonald's and Billingsgate market

Sculpture puts down new roots

IT'S been a long time away but now Canary Wharf's Traffic Light Tree has finally returned.

It was removed from its previous home in Westferry in 2011 after works on the road layout meant it was unsuitable for that site.

The much-loved sculpture was dismantled and placed in storage.

However, Isle of Dogs Councillor Gloria Thienel fought to have it returned to the area around Canary Wharf.

And now Pierre Vivant's iconic structure of 75 independently

flashing lights is welcoming drivers at the roundabout outside Billingsgate Market.

Work on the new home at Trafalgar Way for the structure began in September. Plans for the turning on of the lights, which have already been tested, are currently being worked on.

It was installed at Westferry in 1998 in place of a dying plane tree.

At the time the Public Art Commission Agency said the light changes represented "the restlessness of Canary Wharf".



Fortress will surrender to 1,800 homes

PLANNING

Rob.Virtue
@wharf.co.uk

COUNCILLORS have given the green light for a proposal to redevelop the former News International site in Wapping and build up to 1,800 homes.

Plans for the 15 acre site, also known as London Dock, received the thumbs up at a Tower Hamlets planning meeting on Thursday night.

Work is now expected to begin on the initial phase in spring.

Also included in the part-detailed application is 486 affordable homes and a secondary school.

There will also be cafes, restaurants and small offices, while the historic warehouse will be "sensitively revitalised".

Developer St George, a subsidiary of Berkeley Homes, bought the site in 2012.

Ross Faragher, managing director at St George, said: "In providing high quality homes, new commercial space and land for a new secondary school all set in a beautifully landscaped site, we will create a fantastic place for a new vibrant community to thrive."

"We look forward to continuing to work with Tower Hamlets Council and the local community as the development progresses."

Residential buildings will be between five and 25 storeys high.



SYDENHAM HIGH
SIXTH FORM

Join an inspirational and successful Sixth Form

From tackling a challenge to taking the lead: we provide an education that goes way beyond exams

Please contact us to arrange a visit so you can find out what makes us special

Sixth Form entrance exam 29 January 2014

Bursaries, HSBC and School Scholarships available



020 8557 7004

www.sydenhamhighschool.gdst.net admissions@syd.gdst.net

gdst Girls' Day School Trust

the Wharfquiz

MARCH 20TH 2014



VENUE
THE RADISSON,
NEW PROVIDENCE
WHARF

TEAMS OF 6

£50 PER TEAM

INCLUDES ENTRY,
DINNER AND A
DRINKS PACKAGE

TO BOOK YOUR TEAM OR
FOR MORE INFORMATION
PLEASE CALL DAISY ON
020 7293 2272

OR EMAIL HER AT
Daisy.Lewis@trinitymirror.com

What's On

Seven Days

Stage
Beale takes the battered crown



★ One of the theatrical events of 2014 is already under way with Simon Russell Beale taking on the role of *King Lear* under the direction of Sam Mendes.

Tickets have already gone for the initial run (except some day tickets) and new ones will be released in February.

In the meantime, listen to the critics swoon (we predict) as once more the aged king divides his lands between his daughters.

From Jan 14, *Olivier, National Theatre*, £12-£50, nationaltheatre.org.uk.

Stage
Uni pals fight for a fulfilling life

★ Can women have it all is the age-old but never answered question behind Gina Gionfriddo's *Rapture, Blister, Burn* at Hampstead Theatre.

Emilia Fox, pictured, and Emma Fielding are the two graduates who take opposite paths. Catherine builds a career as an academic while Gwen stays at home with a husband and children. Both are unfulfilled and each sees aspects of the other's life that they covet.

Until Feb 22, *Hampstead Theatre*, £15-£32, hampsteadtheatre.com.

Stage
The secrets and lies of spying

★ Bush Theatre is making quite a name for itself in its new home and the latest staging is an ingenious spy thriller called *Ciphers*.

A young woman is found dead. Her sister sets out to find out what happened, and stumbles into a world of secrets and subterfuge that makes her question who Justine really was. How well can you ever know someone who lies for a living? Until Feb 8, *Bush Theatre*, £10-£19.50, bushtheatre.co.uk.

My dancing break came at just the right time

INTERVIEW

TV's Lisa Riley tells how *Strictly* changed her life, her figure and her outlook

Hannah Stephenson
The Wharf

Wearing a black sweatshirt emblazoned with the glittering word "Pow", Lisa Riley greets me with that huge, ray-of-sunshine smile.

Her personality is as sparkling as the sequins on her frocks for *Strictly Come Dancing*, the show that's been her lifeline since the death of her mother in 2012.

There's little doubt that *Strictly* has changed her life. Since she reached the semi-finals, Riley, 37, has been closely associated with the show and will be hosting the tour at The O2 at the beginning of next month [see below].

"My confidence with *Strictly* rose to gas mark 10," she says.

"There had been times when my confidence had been knocked. For the first time, the press could not turn round and say, 'You are unhealthy'."



"I ran up them stairs quicker than Robin [Windsor, her dance partner] and he's been dancing since he was five."

"Because of *Strictly*, I was allowed to have this voice, and for the first time in my life I could wear what the hell I liked and I could be sexy."

Today, she's still buxom and bouncy, but there's noticeably less of her. She says she never consciously tried to lose weight but the pounds melted away because of the training. She's gone from a size 28 to an 18 in little more than a year and would like to stay there.

"I didn't feel better [losing weight] because I'm still me, but I became very aware of my ability in dance."

Behind all the smiles, there's been the intense sadness of losing her mother Cath to breast cancer in July 2012, two weeks before she joined the hit TV dance contest.

During those last heart-rending months, her mother went from feisty to frail, becoming a shadow of her former self.

"Me and mum were carbon copies of each other. She was the life and soul and would never have wanted me to sit and throw my head in a pillow and cry, but I was dying inside."

"It was devastating. My whole life just felt like it was over, yet on the other side of the coin my mum knew that I'd got *Strictly* and said, 'Darling, just be you', and that's what I did during the series. I went for it."

THE SHOW

Make your vote count

The multi-million pound juggernaut that is *Strictly Come Dancing* is coming to The O2 arena in North Greenwich on February 8-9, with two shows a day.

The show features all the must-have elements from the BBC series and features a line-up including winner Abbey Clancy, Mark Benton and Natalie Gumede.

Fans will get the chance to watch the celebrity dancing

couples competing live for the TV judges' votes and then get to vote themselves with their mobile phones.

The audience will experience *Strictly*'s glitz, glamour and the professionals' choreography, courtesy of Craig Revel Horwood, who is directing the live show for the fourth year running. Feb 8-9, *The O2*, £29.50-£73.50, theo2.co.uk.



Lisa Riley with dancing partner Robin Windsor promote the arena tour

Riley still has what she calls "baseball bat" moments, when something triggers the grief – like spotting a lady in a yellow jacket in a cafe recently (her mother loved yellow) and feeling as though she'd "just crack".

Up to now, boyfriends have not been her strong point. Her partners have included a fraudster who ended up in jail and a married man who dumped her and returned to his wife. For a while she became the talk of the tabloids, and her confidence hit rock bottom.

"My behaviour was severely denting my career, because I couldn't cope. I didn't want to face being pointed at. I never wanted to be the scandal."

Looking back, she admits she'd gone off the rails after joining *Emmerdale* in 1995 aged 19 because she simply couldn't handle the fame.

"At the worst point, I was having five bottles of wine a night and shots. I was verging on alcoholic. I had no 'off button'. I'd be sick and then I'd carry on."

She says her father brought things to a head when he told her sternly that she was a mess and needed to

What was it like in the eye of a media storm?

"My behaviour was severely denting my career, because I couldn't cope. I didn't want to face being pointed at. I never wanted to be the scandal."

clean up her life. His words prompted her to cut down on excesses.

"I never regret anything. If you make a mistake, it's there for a reason. I live my life by that. These things make me stronger."

As well as hosting this year's *Strictly* arena tour which starts next week, she is appearing alongside Martin Shaw in a new series of BBC detective drama *George Gently*.

"As an actress, you dread the gap between 40 and 47, because there's not many roles and if there are, you play a boring mum."

"But I'm approaching my 40s beyond excited. It's not looking remotely boring."

What's On

Seven Days

Exhibition Artist looks into his surroundings



★ Artwork exploring how individuals relate to their surroundings and the human impact on particular landscapes will be on-show at a Limehouse theatre this month.

East Londoner Ross Head will see his striking collection of drawings, prints and paintings, headed **A Transitional Moment**, take pride of place in the exhibition space at Half Moon Young People's Theatre, until April 8.

Opening hours for the free exhibition are Monday to Friday, 10am-6pm and Saturday 10am-4pm, on theatre show days only. Go to halfmoon.org.uk.

Exhibition Art captured on a textile print

★ Twentieth century textiles created by artists including Picasso, Dali, Matisse and Warhol offer a snapshot of a variety of art movements in a new exhibition.

Genres including Cubism, Fauvism, Surrealism and Pop Art from Britain and America will be put under the spotlight in **Artist Textiles** at Newham College's Fashion and Textile Museum, near London Bridge. From Jan 31, [Fashion And Textile Museum, ftmlondon.org](http://FashionAndTextileMuseum.ftmlondon.org).



Exhibition Fans that mark the milestones

★ Themes of love, life and death are explored through an array of decorative fans spanning more than 300 years. **Hatch, Match and Dispatch Part Two**, is the latest exhibition at The Fan Museum, in Greenwich.

The featured accessories were all designed to commemorate births, marriages and deaths from the 17th century, including royal events and items in a bridal trousseau. Until Jun 1, [The Fan Museum, £4, thefanmuseum.org.uk](http://TheFanMuseum.org.uk).

The secret of my excess

SCREEN The Wolf Of Wall Street (18) 180mins

Based on the memoir of stockbroker Jordan Belfort, *The Wolf Of Wall Street* is a lurid portrait of debauchery following the same misaligned moral compass as Oliver Stone's 1987 paean to greed.

Here, greed isn't just good, it's a cornerstone of this gaudy, hallucinogenic American dream, allowing the unscrupulous to prey on the weak and vulnerable to finance flashy apartments, fast cars and copious amounts of nose candy.

Martin Scorsese, 71, pulls no punches in his depiction of Belfort's wild excesses including myriad scenes of pill-popping and a slow motion orgy on a private jet – the film wears its 18 certificate as a badge of honour.

"On a daily basis, I take enough drugs to sedate Manhattan, Staten Island and Queens for a month," boasts Jordan (Leonardo DiCaprio) in his opening voiceover.

He owns a sprawling mansion replete with swimming pool, tennis court and waterfall, plus a white Ferrari "like Don Johnson's in *Miami Vice*".

In flashback, we meet Jordan as he nervously starts a position with brokers at Rothschild, where charismatic golden boy, Mark Hanna (Matthew McConaughey), takes the newcomer under his wing.

In the aftermath of Black Monday, Jordan loses his job and is forced to sell penny stocks at a fly-by-night operation in Long Island.

Blessed with the gift of the gab, Jordan excels and decides to open his own firm, Stratton Oakmont, with salesman Donnie Azoff (Jonah Hill). The business goes from strength to strength and Jordan jettisons his wife Teresa (Cristin Milioti) to romance blonde bombshell Naomi Lapaglia (Margot Robbie).

Meanwhile, the "work hard, play harder" mantra of Stratton Oakmont



Leonardo DiCaprio and Jonah Hill enjoy the excesses of wealth in Martin Scorsese's gluttonous movie

attracts the attentions of tenacious FBI Agent Patrick Denham (Kyle Chandler), who resolves to bring down Jordan and his inner circle.

The Wolf Of Wall Street howls but doesn't bite. It offers us a cautionary tale that revels in Jordan's triumphs for so long, we almost forget he must get his comeuppance.

Scorsese's directorial brio coupled with DiCaprio's twitchy lead performance ease some of the pain of the running time, and the nasty stink of the script's depiction of women.

While individual scenes pulse with misplaced youthful exuberance, as a whole, *The Wolf Of Wall Street* and its repugnant characters overstay their welcome.

Damon Smith

Our verdict

Skill and verve in the craftsmanship don't wash away that nasty taste

★★★★☆

SCREEN Crystal Fairy Venue



Sebastian Silva writes and directs this meandering Chilean road movie centred on American tourist Jamie (Michael Cera), who is determined to track down a legendary hallucinogen.

He hooks up with a bohemian free spirit called Crystal Fairy (Gabby Hoffman), but friendships are tested to the limit in this assured and committed comedy.

★★★★☆

SCREEN Devil's Due (15) 89mins



After a mysterious, lost night on their honeymoon, a newlywed couple finds themselves dealing with a pregnancy.

While recording everything for posterity, the husband begins to notice odd behaviour in his wife that they initially write off to nerves, but, as the months pass, it becomes evident that the dark changes have a much more sinister origin.

★★★★☆

SUNDANCE

First film unveiled

The first film lined up for this year's Sundance London has been unveiled.

The UK premiere of documentary *Lambert & Stamp* will take place during The O2's annual indie film fest.

The documentary charts a crazy, chaotic journey, as aspiring filmmakers Chris Stamp and Kit Lambert set out to search for a subject for their underground movie, leading them to discover, mentor and manage The Who.

Director James D Cooper focuses on an extended interview with Chris Stamp, supplemented by interviews with Roger Daltrey and Pete Townshend. *Sundance London* takes place between April 25-27. Go to sundance-london.com.



Carrot Cars



0207 005 0557



Card terminal in every car!
bookings@carrotcars.co.uk

Book online: www.carrotcars.co.uk



Cheap, clean, reliable minicabs

The dream of glory is what kept on pushing me

Q&A

Nicola Adams rose to fame at the Excel centre during the 2012 Olympics, becoming the first female to win a gold medal for boxing. The 31-year-old is swapping her boxing mitts for goalkeeper gloves in her latest role as ambassador for Street League, a charity using football to get young people into work, education and training.

■ Why did you become involved with Street League?

Programmes like this give kids an outlet and something to look forward to. Also, you never know where sports will take them. When I first went to a boxing gym, it was always a dream to be an Olympic champion, but it was just a dream. I never thought it was going to happen.

■ Did you have financial troubles growing up?

Back then, women's boxing didn't really get much support, we had to fund everything ourselves. Sometimes I didn't have enough money to get to the boxing gym, and my brother would have to drive 40 minutes down the motorway and wait until I was finished.

■ What would your life have been like if you hadn't boxed?

Because I've been boxing for so long it feels like that's all I've ever done. It's hard to say where I would have ended up but I liked acting.

■ How has your life changed since winning Olympic Gold?

I'm still the same person, everything else has changed around me. The fame was hard to get used to.

■ How rigorous is your training schedule now?

It's the same as always: three times a day, Monday through Friday for an hour each session. I have Saturday and Sunday off.

■ What do you do when you're not boxing?

I go out with my friends, go to the movies, and I am playing golf as well. I'm going to be starting some acting classes soon too.

■ What are your plans up to the Olympics in 2016?

I'll be competing in the European Championship, Commonwealth Games, and the World Championship. It will be a really full-on year. I'm aiming for gold.

Street League runs several sessions across London including the Cre8 Lifestyle Centre at Hackney Wick. Go to streetleague.co.uk.



How pressure to be slim affects teenagers' lives

SOCIETY

Facebook generation communicate via images and absorb idealised bodyshapes

Lisa Salmon
The Wharf

The New Year heralds a new round of agonising over appearance. Resolutions are made, diets are begun and pressure is increased.

Paranoia about appearance in adolescence is sadly not a new or uncommon problem, but it is one that is now pulling ever younger children into its grip.

Body image expert Professor Andrew Hill said: "You can certainly pick up this apparent lack of self-confidence in children as young as nine and 10."

"Nowadays, we often tell others about our lives not through words but through pictures via phones and computers. There's also a vast array of magazines featuring celebrities, with pictures telling a very clear story about the acceptability and unacceptability of physical appearance."

Prof Hill said though the age it started was getting lower in modern times, the basic feelings behind it were the same as ever.

He said: "Teenagers, particularly those in their early teens, are generally shy and, while we talk about it and recognise it more, it's very difficult to find statistics that indicate that a lack of self-confidence levels have increased."

In a bid to help young girls tackle their self-confidence issues, Girlguiding has introduced a body confidence badge that Guides can work towards.

SURVEY RESULTS

A study in the *Journal Of Adolescent Health* by University College London and the London School of Hygiene and Tropical Medicine has published findings of a new survey of 7,000 13-year-olds.

■ Nearly 12 per cent of girls and five per cent of boys were "terrified" of getting fat.

■ 52 per cent of girls and a third of boys said they were "a little worried" about getting fat



Girlguiding is promoting a body confidence badge, backed by chief executive Julie Bentley, below



Girlguiding chief executive Julie Bentley said: "Self-esteem in young girls is a huge issue that's impacting on the quality of young girls' lives."

"Through the creation of this badge, we're hoping to help girls realise their full potential and feel better about their bodies and the way they look."

Prof Hill said that while adolescent girls may have had deeper body confidence issues than their male counterparts, adolescent boys had image worries too.

He said: "I don't think the lack of body confidence is as intense for boys, but the same issues are there for them. Boys tend to be valued for the things they do, like sport, and girls are often valued for the way they look."

He pointed out that during puberty boys grew taller and more muscular – an appearance valued by society – while girls grew curvier, which they often perceived as fatter and not the way society wanted them to look.

Most of girls' ways of coping with any distress caused by their body image, or indeed any other worries, are directed inwardly through depression and anxiety, trying to control their emotional state through controlling eating, and self-harm.

Boys who have body image or other problems, on the other hand, tended to act out their distress, possibly through destruction, violence, taking substances or getting drunk, said Hill.

He said: "Girls tend to talk to each other, boys and men do not. But if girls talk to their friends about problems like body image, it can also leave them vulnerable, as girls' friendships during adolescence are particularly brittle."

But for young people experiencing



body image problems, and the parents who are witnessing their children's angst, Prof Hill said: "For many kids it's not something they'll grow out of but they will grow through it."

"Their physical changes occur at different ages, and for parents it's a matter of helping them get through it."

He said parents using their own experience wasn't always helpful, because young people led very different lives these days.

They may appreciate discussing their problems with someone more neutral though, perhaps a younger member of the family or a close friend.

"The key thing for parents, though, is to give unconditional love," said Prof Hill.

"It really doesn't matter what children look like, you're there to be their constant love and support."

Health



Reebok Sports Club personal trainer Carli Wheatley, left, has teamed up with Sweaty Betty's Lucinda Brosnan to offer a special workout at Wood Wharf

We want to empower women on the Wharf

CLASS

Pair tell **Beth Allcock** why strength work is essential for those keen to gain fitness

Strong is the new skinny" will be the all-female feel-good message pumping out of Canary Wharf on Sunday.

The estate's Sweaty Betty shop in Jubilee Place has appointed Carli Wheatley, personal trainer at Reebok Sports Club, as its new ambassador.

With a shared passion to empower women by "getting them moving", Carli and store manager Lucinda Brosnan have teamed up to host a two-hour strength training workshop tailored to fitness first-timers and those lacking in confidence.

"This could be someone's first step into fitness – it's not something people have to have experience for," said Carli.

"You sometimes forget there are people scared of the gym and people worried they are going to do the wrong thing, and that puts them off exercise when all it's about is movement.

"There's nothing right or wrong. It's a workshop, nothing serious, just a group of women getting together."

Heading down to Wood Wharf, class members will receive the lowdown on a full-body workout, incorporating exercises for the legs, arms, core, chest and back.

As well as trying out the exercises, Carli will give guidance about their benefits and the muscle groups that should be feeling the effects.

After the session, she hopes a coffee meet-up will allow people a chance to pick her brains about all things training-related and an opportunity to break down any barriers people

Why team up with Sweaty Betty for this?

"The brand's mentality is based on helping women look great. Focussing on weight and strength training encourages women to be strong."

may feel they have when approaching a personal trainer. Promoting women's fitness and empowerment is important for the east Londoner.

"I have been trying to find a platform and a company to be able to work with that supports that," she said. "Sweaty Betty is behind women and its mentality is based on helping them look great.

"Focussing on body weight and strength training encourages women to be strong.

"It's beneficial psychologically as well – we shouldn't be afraid to lift weights."

Lucinda said the session would be a great addition to the store's existing free fitness classes including Zumba, Yoga and Circuit Training.

"It's so positive," she said. "We are not just selling clothes we are trying to empower women.

"We have all types of women coming – some might have just had a baby or been injured, for example. We get them kitted out in something flattering and get them to come in for our free classes.

"Canary Wharf is a very male environment and hopefully this session will reach out to the ladies who have been too shy before."

The session runs from 10am until noon on January 19, followed by coffee. Book a place in advance by calling into the Sweaty Betty store in Jubilee Place.

Go to sweatybetty.com.

FITNESS FAST

Classes and deals

BIKRAM YOGA

Save and shed those pounds

★ If you've pledged to tone up, detox and lose weight this January why not try the heated climes of Bikram?

The Bikram Yoga London centre in South Quay, is offering its monthly peak membership for £89 until February 28, allowing guests to attend any class representing a £19 saving on regular prices.

A new, off-peak package costs £79 per month for classes before 4pm weekdays and throughout the weekend or for £59 per month Wharfers can access just Friday and weekend classes.

Go to bikramyogalondon.com.



SLIMMING WORLD

Club's raring to lose this year

★ Celebrity sparkle rounded off a year spent shedding the pounds for the leader of a Wharf-based slimmers group.

Lesley Buckley, who helps fellow Wharfers lead a more healthy life through her Slimming World sessions at The Idea Store every Tuesday was rewarded by meeting Mancunian funnyman Paddy McGuinness at the brand's annual awards ceremony.

She said: "As well as seeing stonking success on the scales, we've had a lot of fun throughout the year.

"We've held parties, raised money for charity and members have cheered each other on with every step of their weight loss journey. I can't wait to see what 2014 holds."

Call Lesley on 07771 655 575 or go to slimmingworld.com.

BOOTS

Get pampered and a free gift

★ If your skin is feeling the effects of the harsh wintry conditions, retreat to Liz Earle in Boots' Canada Place branch for some in-store pampering and a free gift.

Until January 31, staff are offering a complimentary, bespoke New Year New You skincare consultation or a relaxing hand and arm massage, as well as a treat-sized version of the brand's signature Cleanse And Polish Hot Cloth Cleanser. Go to canarywharf.com to download the offer page, which applies until January 31.

Travel

TRAVEL TIPS

Destination ideas

APARTHOTELS

Get 75% off a capital break



Stay close to Tower Bridge for less

★ If you're hosting business guests in the capital – or live in the countryside and fancy a lively weekend in central London – Aparthotels London in Tower Bridge is offering January sale rates on a place to bed down.

Throughout the month, guests can receive a 75 per cent discount on a superior open plan apartment, now priced at £99 for two nights including VAT – instead of the regular cost of £400.

A fully-fitted kitchen, including washer/dryer, fridge/freezer, dishwasher and utensils, internet access, digital TV and radio is also included.

Aparthotels London Tower Bridge is located at 153 Tower Bridge Road, London, SE1 3LW. To make a reservation, call 0845 257 6000 or go to aparthotels-london.co.uk.

SKINCARE

Protection for hardcore skiers

★ Avoid ending up with a red face on the bright white slopes this skiing season by remembering to pack some protection against UV rays.

Based on studies which revealed that dietary intake of tomato lycopene and photoprotectants offer a way of combatting sun damage to skin cells, Lyc-O-Mato capsules were created to be used alongside sun cream treatment.

One dose provides the equivalent intake of six large, ripe non GM tomatoes and allows a quick and easy-to-transport sun protection solution while you concentrate on tackling your next piste.

Packets of 30 capsules cost £12.18 and are available from Holland & Barrett in Canada Place Mall, online at vita-healthcare.com or at independent health food stores and pharmacies.



The property in Mallorca where Ruth Tongue's June Pilates and nutrition retreat will take place

How healthy summer retreat will set you up

Q&A

Pilates guru tells Beth Allcock why Wharfers should join her in Mallorca

Holidays spent sipping Sangria while soaking up the sun might sound idyllic.

But if you're seeking an even balance of fitness and fun this year, a summer retreat could provide the solution.

Nutritionist and Pilates trainer Ruth Tongue upped sticks from her Greenwich base to move to the south of France earlier this year, pursuing a passion to teach abroad as well as setting up her first health camps.

Here the 30-year-old tells us what Wharfers can expect from her Rejuvenating Body Boosting Pilates Retreat packages in Mallorca and France:

■ How did it all start?

I have been wanting to run retreats for a few years. I have been on a couple myself focussed on yoga and you always come back feeling so relaxed.

Sometimes you can go on holiday and it's lovely, but you come back feeling like you need another one.

If you go on a Pilates or Yoga retreat you can feel healthy in yourself, maybe eat and drink a little more than usual, but do that exercise and fitness and you come home feeling you are fitter.

I got in contact with PR guru Lynne Franks and she seemed to think I had good credentials having a Pilates and nutrition background. It's her house where we will be running the retreats.

■ If you're a newbie to this type of holiday, what can you expect?

Hopefully everyone will leave feeling refreshed and relaxed with a new lease of life.

Pilates is the perfect mind-body workout. By focussing on breathing, alignment and flowing movement, you'll get in touch with your body and feel stronger, lengthened and invigorated.

But it's not going to be a strict detox retreat. The only programmes that are set are Pilates classes – one in the morning, one in the evening, and there's lots of free time during the day.

People can choose to do as much or as little of the nutritional programme as they like. There will be classes and workshops for people who want to follow stricter diet plans, so that's an option but if you want to have a chilled out holiday in the sun doing



Retreat leader Ruth Tongue

Pilates, that's fine too. It's all inclusive, all meals will be nutritionally-balanced and using local produce.

■ Who will benefit most?

It's suitable for all levels, it's not just for people that have done Pilates before.

It would be really good for anyone who has a stressful job as well as people who are into health and fitness and don't want to go and lie on a beach.

It's in a small village, about 20

How will this retreat leave me feeling?

"Pilates is the perfect mind-body workout. By focusing on breathing and flowing movement, you'll feel stronger, lengthened and invigorated."

minutes from the beach, for a group of just 10.

■ Is the combination of Pilates and nutrition effective?

People who are into Pilates are often keen on keeping a healthy lifestyle and particularly maintaining a healthy weight.

Generally, if you're making a plan to look after your body, it's important to look at all aspects of your life.

■ What are the details?

The first retreat runs in Deia, Mallorca, from June 3-8 with prices ranging from £870-£1,145pp ex VAT.

An early bird discount of 10 per cent is available to those who book and pay their £300 deposit by the end of January. Flights are not included.

Dates for further retreats in the south of France will be available soon. Go to ruthtongue.com or bloomretreats.com.

Fashion

Get your skin glowing with direct application

INTERVIEW

Beauty ambassador
Sasha White tells
Beth Allcock why
natural is so now

If you've been tempted to brush off the notion of mineral make-up as just another beauty fad, bareMinerals first new-concept boutique is keen to change your mind.

As part of the influx of new stores now adorning the lower tier of Canary Wharf's Jubilee Place Mall, the brand has become a beacon for the beauty industry on the estate, joining cosmetics company Bobbi Brown as one of two stand-alone make-up outlets.

Striking cosmetics displays matched with eye-catching mirrors and black antique-style chairs deliver a monochrome style statement in the brightly-lit store.

But beauty ambassador Sasha White said the company's popularity was down to the ingredients it uses rather than their presentation.

"All the products are natural," said the 19-year-old, who first became a bareMinerals convert after using its most popular line, foundation.

"There are no preservatives, fillers, talcs or binders so it's completely natural on the skin. It feels lovely."

"If you take mineral supplements it takes four weeks to reach the skin's surface but by putting the minerals on the skin straight away, you're going to benefit immediately."

"People think because it's a mineral product it's not going to give full coverage but it really does."

And Sasha should know her stuff –

she juggles her ambassador role with a part-time modelling position and a host of beauty pageant appearances.

The firm also offers in-store make-unders for those who want to try out natural cosmetics.

Sasha said the free-of-charge treat included a masterclass in applying the make-up.

"We're teaching the customer," she said. "And they always seem to love it once we've put the product on their skin. The brand is all about a more natural looking make over but we can build it up to suit each customer's needs."

"If we get younger girls they always like it to be built up more but most of our customers want the natural look."

Why put minerals straight on your skin?

"If you take mineral supplements it takes four weeks to reach the skin's surface. By putting them on the skin you're going to benefit immediately."

"If they've never used the products before, they are impressed."

"And people are always shocked we do so many – we have got such a variety now. We have three different types of foundation with 24 colours in each."

Available in matt, original or compact, minerals can be sprinkled into the lid of the pot before being swirled into the skin to provide a natural glow.

Following the make-under, newbies have the option of purchasing starter kits, filled with the foundation used in-store, bronzer, finishing powder, primer and a trio of brushes, for £50.



Sasha White of bareMinerals says Wharfers love the firm's products

Since the boutique opened its doors, business has been bright.

"It's been really good," said Sasha. "People are so happy they have got a proper make-up shop. Throughout December we had people wanting

their make-up done for work parties and it was good for us to be here and introduce the products to them."

"We fit in well – Canary Wharf needed something like this." Go to bareminerals.co.uk.

Learn new skills for a make-under

REVIEW

bareMinerals Make-under

Jubilee Place

Slotted into place among the throngs of Wharfers heading for the home-time Tube, a refreshingly elegant visage wasn't the only thing that left me buzzing following my make-under at bareMinerals.

I'd learnt a new three-word make-up mantra – swirl, tap, buff. Swirl, tap, buff. The hour-long free session was a bit of a beauty revolution for me.

It encompassed the basics of cleansing, moisturising and using



Sasha works on Beth's face during her make-under at bareMinerals

a primer as well as picking out a suitable foundation, concealer, eyeshadow, liner and lip gloss.

The primer – a product I admitted to not using in years – was impressive,

gliding onto my skin with a soft, light finish, but the powder foundation was the star. After striping my cheek with three colour selections, I chose Golden Fair to add a glow and a shine-free finish to my terribly pale complexion.

Forget slapping on copious amounts of liquid foundation – only a tiny amount of bareMinerals sprinkles was needed to make up a full face.

These were tipped into the lid of the pot before the firm's iconic motions began.

I was taught to swirl the minuscule amount of product with a brush, tap it on the pot and then buff my face in circular, upward motions, to warm

the minerals and get the best out of them.

Starting from the jawline and moving towards the hair, it was nothing short of therapeutic. And while it might be more time consuming than a quick swipe of foundation, I found the technique left me relaxed.

All the while, Sasha was there to advise on colour, tips and method that I was keen to remember.

Beth Allcock

Our verdict

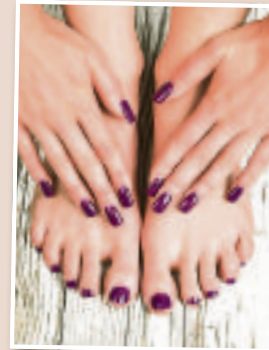
Informative freebie is tough to beat

★★★★☆

WEAR IT WELL

Radiant orchid

★ Say hello to the statement colour of 2014 – pinky-purple radiant orchid. Lisa Haynes offers four ways to slip it into your look.



JOHN LEWIS
OPI nail lacquer in lucky lavender, £11.50
johnlewis.com



RAINBOW CLUB
Georgie Girl courts, £180
rainbowclub.co.uk



MAC COSMETICS
Sheen Supreme lipstick in Asian flower, £15.50
maccosmetics.co.uk



DOROTHY PERKINS
Top, £24
Skirt, £22
Bag, £18
dorothyperkins.com

Food



COOK WITH CJ JACKSON

Pan-fried halibut with Puttanesca dressing

You should be eating a couple of portions of fish a week – here's a great recipe to add to your repertoire.

Serves 4

Ingredients

4 halibut steaks
3 tbsps of plain flour seasoned with salt and pepper
25g butter
1 tbsp olive oil

For the dressing

4 red peppers, grilled, seeded with skins removed
2 tbsps extra virgin olive oil
225g (8oz) cherry tomatoes, halved
12 pitted Kalamata olives
2 tbsps capers, drained and roughly chopped
2 tbsps shredded basil
salt and freshly ground black pepper

Method

Before you do any thing else, you'll need to prepare the dressing.

Thickly slice the red peppers. Heat the olive oil in



Why not pair this with a simple side of fragrant rice?

a pan and add the tomatoes. Cook over a low heat for two-three minutes or until they begin to soften.

Stir in the peppers, olives, capers and basil, warm through and season to taste.

Roll the halibut steaks in seasoned flour. Heat the butter and olive oil together in a large frying pan until the butter stops sizzling, add the

fish and pan-fry for three-five minutes on each side – it will look opaque and be firm to the touch and golden-brown when done. For a lighter option, brush the halibut with a little olive oil, season and grill for two-three minutes on each side instead.

Arrange the fish on a large platter and spoon the dressing over the top to serve.

CJ Jackson is principal of Billingsgate Seafood Training School. Go to seafoodtraining.org for details



Scots' indelicate delicacy is served up to perfection

Ahead of Burns Night **Jon Massey** tackles Boisdale's pro-unionist Great Chieftain O' The Puddin' Race

REVIEW

Burns Night Preview

Boisdale of Canary Wharf

Initially I thought Boisdale's decision to serve up a "Union Haggis" stuffed with Irish barley, Welsh pluck, English liver and Scottish heart was a clear rejection of Alex Salmond's breakaway fetish.

But looking back through the blur at the pre-Burns Night dinner, a preview for the main event on January 25, I'm not so sure.

Certainly the puddin' embodied the four territories' tasty collaboration.

A blend of ingredients stronger together to delight those feasting.

Piped in by Willie in full regalia, so far so friendly. But then, with wild eyes and spittle forming at the corners of his mouth, the bombastic Scot began to recite Burns' Address To The Haggis before drawing his dirk in a frenzy to ritually murder the beast.

There it lay, the Union. Slaughtered before our eyes. And then, quite happily tanked up on Macallan whisky, we consumed all traces of it until there was nothing left but the memory.

Mixed messages. Did we kill and eat the union or celebrate its greatness? Would the Boisdale chain benefit from a split or suffer?

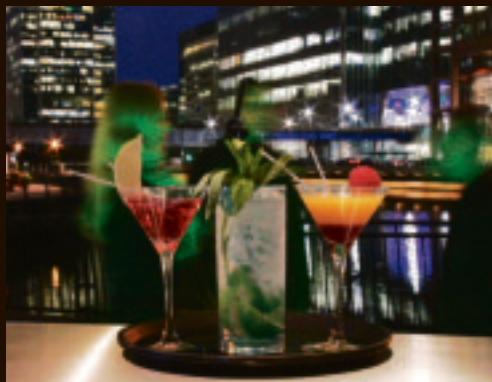
Perhaps marking the border with a thicker line would lend its brand an extra exoticism down south; make that tartan glow brighter in the dimmed light.

But then, what if the pound is lost up north? Will the price of the tonnes of Macsween haggis (yes, really, tonnes) served each year at Boisdale's restaurants rocket? Maybe it will become the new caviar, a great delicacy to be enjoyed in teaspoon-size morsels.

Owner Ranald Macdonald says he's a supporter of the union but I wonder if actions speak louder than words.

In the more immediate future though, before

AMERIGO VESPUCCI



THE FUTURE IS CLEAR.
BRAND NEW TERRACE NEWALFRESCO
BAR, RIVERSIDE LOCATION, SERVING
ITALIAN TAPAS, SPORTING EVENTS ON TV,
NOW OPEN ALL DAY FOR COFFEE AND
PASTRIES. IDEAL SUMMER VENUE

Amerigo Vespucci is one of the longest established independent restaurants on the Wharf, celebrating 17 Years serving Italian Cuisine as only true Italians do.

Follow us: @avitalian
Like us: Amerigo-Vespucci
www.amerigovespucci.co.uk

Amerigo Vespucci,
25 Cabot Square,
Canary Wharf,
London E14 4QA
0207 513 0288





Top, the Union Haggis is prepared and, above, served with neeps and tatties

What can I expect from Burns Night on the estate

"But be warned. The heady blend of ingredients, alcohol and good cheer at Boisdale of Canary Wharf on January 25 might make you forget yourself."

Jon Massey

the spectre of independence threatens to ruin or bolster the business model, let's get to the meat.

While a bewildering range of options exist at Boisdale for Burns Week (January 18-25 in Belgravia), Wharfers should focus on the 25th for the main event. From 7pm the sounds of the Rat Pack will wash over diners enjoying the traditional five-course menu (tickets £48-£68).

Veggies need not apply with starters limited to smoked salmon (another reference to Alex?) or Scottish venison carpaccio followed by Macsween haggis with tatties and neeps

and then a ribeye steak or cullen skink pie. To finish, a Scottish tart with clotted cream or cranachan of honeycomb then coffee. Diners will also enjoy a noggie of Macallan single malt whisky with the haggis.

The Union Haggis is available by special arrangement.

And, if the food is half as good as it was on the preview evening the menu's well worth the money.

But be warned. The heady blend of ingredients, alcohol and good cheer might make you forget yourself. Fortunately the incongruous stylings of the crooners should remind you you're at Canary Wharf, not Bannockburn.

Check the website for offerings at the chain's other venues.
Boisdale of Canary Wharf, Cabot Place, Canary Wharf, London, E14 4QT, 020 7715 5818, boisdale.co.uk.

Our verdict

It will be hard to match this for verve

★★★★★

THE GUN

Celebrate January's end with some ales

★ Award-winning gastropub The Gun in Blackwall will celebrate the end of the most depressing month of the year with an ale festival.

Beers from the likes of The Kernel, Thornbridge, and Windsor and Eton will flood the ETM Group venue, which will also be serving a special beer-matching menu from January 30-February 1. An Homage To Fromage cheeseboard will also be available.

Entry to the 30-cask event is free. Go to thegundocklands.com.

ROYAL CHINA

Diners get a chance to win a free meal

★ Red envelopes will be greeting visitors to the Royal China in Canary Riverside.

The restaurant marks Chinese New Year on January 31 (it will be the horse for 2014) and, in celebration, one of the scarlet handouts will contain a voucher for a complimentary meal to the value of £100 at the Westferry restaurant overlooking the Thames.

Royal China specialises in dim sum dishes but offers a wide range of oriental dishes.

Go to royalchinagroup.biz.

FOOD FOR A FIVER

By Jon Massey

Grilled chicken salad

£4.25, Pret a Manger
One Canada Square

I'd just been to the gym. My head bulged with post-workout hunger. I remembered reading that you should feed your body something healthy within the golden hour, post exertion.

"But don't over-feed," the angel on my left shoulder cautioned.

"Forget him," screamed the six-inch figure clad in red on my right. "You've just done physical work,

you've burnt off loads of calories so you deserve a pizza."

Back and forth it went, like tennis. I stood there in the lobby of One Canada Square immobile, paralysed by my tormentors' arguments.

Then my eyes fell on Pret and its grilled chicken salad. Lightning quick; white meat, lean, grilled, low fat – it was perfect.

And I wasn't disappointed. This well presented box struck a good balance between indulgence and health.

Cheesy, nutty, sharp and fresh. Good job.

Our verdict

A decent compromise with flavour too

★★★★☆



Smith's

Famous for Fish

Established 1958

Located on Wapping High Street (a stone's throw from Tower Bridge) with easy access from both Wapping Underground Station and Tower Hill Underground Station, Smith's in Wapping boasts spectacular views of the Thames River and Tower Bridge.

For Reservations Call: 020 7488 3456

22 Wapping High Street London E1W 1NJ

Visit our website for more details: www.smithsrestaurants.com

Set Lunch Menu £19.50 for 2 Courses

Available Monday to Saturday Lunch Times

LondonEYE



REUTERS

LUKE MACGREGOR



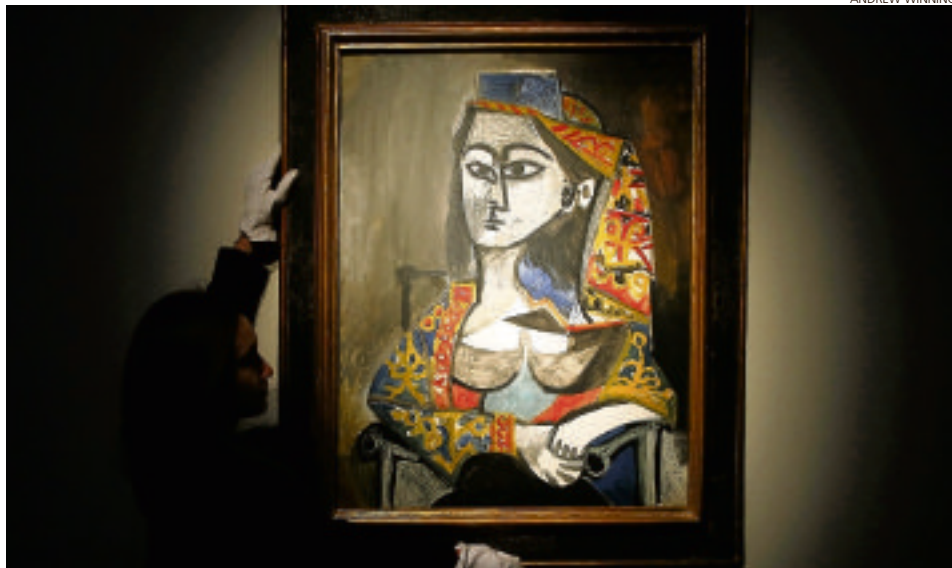
GAME OF THRONES Employee Rachel Young poses with artist Goncalo Mabunda's untitled throne made of discarded weapons at the London Art Fair in London on Tuesday.

ANDREW WINNING



TRIAL GOES ON Former News International chief executive Rebekah Brooks arrives at the Old Bailey courthouse on Tuesday. Brooks is among eight defendants on trial on various charges related to phone-hacking, illegal payments to officials, and hindering police investigations. They all deny the charges.

ANDREW WINNING



IN THE FRAME A worker poses with Pablo Picasso's *Femme Au Costume Turc Dans Un Fauteuil*, a portrait of his lover Jacqueline Roque painted in 1955, at Christie's auction house on Monday. The artwork is expected to fetch £15-20million when it goes under the hammer next month.

SUZANNE PLUNKETT



BACK IN COURT

Former Radio 1 DJ, Dave Lee Travis, real name David Patrick Griffin, arrives at Southwark Crown Court on Monday. Travis has denied 14 counts of indecent assault and one count of sexual assault.

NEIL HALL



DOVE OF PEACE Pamela Duggan holds a symbolic dove during a vigil for her son Mark Duggan, outside Tottenham Police Station on Sunday. The vigil followed an inquest that found that police acted lawfully when they shot and killed a man whose death sparked a wave of rioting in 2011. Mark Duggan, 29, died after he was shot by police who suspected he was armed at the time.

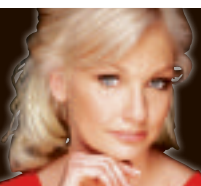
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You don't seem to know which way to turn over a problem that has taken over your life. Tell a close one the whole story instead of half of it.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You have skills you don't use and it's time you started to have a little more belief in yourself. News of someone from your past gives you chills.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

The full moon is making it hard for you to separate fact from fiction and you may end up accusing close ones of things they haven't done. Count up to 10.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

I can see you're feeling over-tired from all the mental work you have been doing. Now is the time to stop, wait and watch to see others fail.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You have been thinking about a particular problem so much over recent days that you've started to make yourself ill. Try to plan something indulgent.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

The full moon in your sign will ensure that you won't be suffering fools gladly. Just make sure you know how far is too far to go. You could end up losing.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Old love matches prove flirtatious and dangerous if you're not single. Recent events in your personal life have brought out your naughty side.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

With the astro action below your horizon it is family and home affairs that take precedence in your life. If splits occur, it is meant to be. Do nothing.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Saturn makes it hard for you to go with the flow. You want to stick with your plans and you won't be tolerating any fools gladly. Spend time with relations.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

With Venus direct, you are no longer in limbo in relationships but you know what you want and what others are willing to offer. Have vital conversations.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You can't seem to get a certain person off your mind, but then today's line up is making many of the signs a little paranoid. Try to keep a sense of right.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Why would you be sorry if you didn't think you owed someone an apology? Could it be that you've been backed into a corner? Make amends Capricorn.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

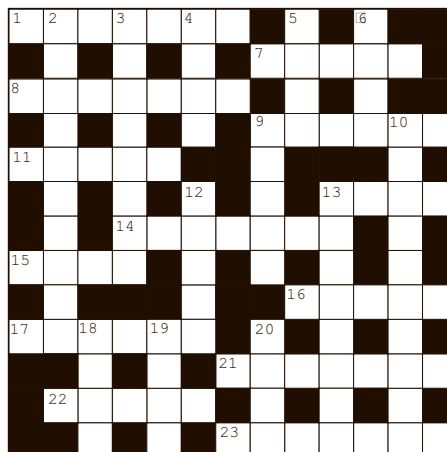
To be in with a chance of winning, just tell us the name

of the actor, pictured here at the London premiere in Leicester Square, who is *The Wolf Of Wall Street*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is January 24. You must include your name and postal address.



Crossword



ACROSS

1. To mix cards (7)
7. Photo book (5)
8. Normally, ordinarily (2,1,4)
9. Take aggressive action against (6)
11. School punishment (5)
13. To gasp (4)
14. Tanned hide (7)
15. Do as instructed (4)
16. Nimble (5)
17. Something unrevealed (6)
21. More than a few (7)
22. Deluge (5)
23. Throb (7)

DOWN

2. Friendly and welcoming to guests (10)
3. In the past (8)
4. Quiet spell (4)
5. Opening for coins (4)
6. Tinned food fish (4)
9. Greek letter (5)
10. Specialist physician (10)
12. Nun's costume (5)
13. Headway (8)
18. Young male horse (4)
19. Public school (4)
20. Dandy (4)

ACROSS: 1. Shuffle; 7. Album; 8. As a rule; 9. Attack; 11. Lines; 13. Pant; 14. Leather; 15. Obey; 16. Agile; 17. Secret; 21. Several; 22. Flood; 23. Pulsate. DOWN: 2. Hospitable; 3. Formerly; 4. Lull; 5. Slob; 6. Tuna; 9. Shit; 10. Consultant; 12. Habit; 13. Progress; 18. Colt; 19. Eton; 20. Beau.

Sudoku

EASY

		3	5	6		4		1
1		5	4	8	9			
8		7	3	1		5		6
3	2	1			5	9	6	
5	8	4	9		6	7	1	3
		6	1	3				5
4	1	8	6		3		5	
	5		7		8		3	9
	3	9	2	5		6	4	

HARD

		3	1					
4		9	2	8				
	6			9			7	
9				3			4	
5		6				2	1	
			8			9		
6		1			2		9	
	4					6		
		2						

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

the **Wharf** wharf.co.uk

To advertise call Karen on 020 7510 6055

classified

Adult Massage



Elite Companions for the busy Executives
based in the business world of Canary Wharf
Why not treat yourself
to a relaxing lunch hour with quality and luxury guaranteed.

OPEN BUSINESS HOURS ONLY

www.theeliteclub.info · 07837 270575

**Amazing
Chinese
Massage
Luxury Rooms**
Canary Wharf/
South Quay
07729 760888
www.gaomedical.co.uk
Free Packing & Card Accepted

**Eva
Massage**
Canary Wharf
Luxury Apartment
In calls only
07725 838733

High Class English
Independent Escort.
New to
Canary Wharf area.
Luxury apartment
for incalls.
Tel: 07405 031449
www.sexyjessibabe.com

NEVER UNDERESTIMATE
THE POWER OF
ADVERTISING
RING NOW!

Hostess & Escorts

Suzannes Escorts
Bookings
0871 222 0601

Calls to 0871 numbers cost 10p per minute plus network extras.
PO box 121 Toll Free customer service 0845 513 2674

Check out our girls on our web site
Info 090 673 91679
Calls to 0906 numbers cost £1.02 per minute plus network extras.
Po box 121 Toll Free customer service 0845 513 2674

www.SuzannesEscorts.Co.UK

To your door
within the hour
or visit us by
appointment

Driver service
from the station

7 nights a week
till 3am

Never
underestimate
the power of
advertising

**CALL US
NOW**

**020 7510
6402**

High Class
YUMIKO
truly gorgeous and sweet.
Near South Quay station
in and out call.
**07789805388 or
07818282678**
www.canarywharf
orientalescort.co.uk

**SENSUAL
TANTRIC
MASSAGE**
www.tantric-hart.com
Call: 07583 051 374

**SWEET CHINA
DOLL ESCORT
May Ling**
In / Out Calls.
Luxury apartment in
Canary Wharf.
07899 858 246

**Paying for
your ad is
easy...**

When you use one
of the following
methods:

POSTAL
ORDER

VISA

DELTA

MasterCard



**GEORGIE H
PHOTOGRAPHY**
www.georgiephotography.com

Photography for Weddings, Parties,
Christenings and Family Portraits
Call us on 01268 422472

or 07557 227561

Email info@georgiephotography.com

Like us on facebook-

www.facebook.com/georgiephotography



LocalMole.co.uk
Digging for the best local businesses

**Blooming with
florists**

LocalMole.co.uk

The smart new
website for
finding trusted
local businesses.



www.localmole.co.uk



THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club

**Ian's task is gigantic**

The size of Ian Holloway's job – to keep Millwall in the Championship – is apparent after yet another away defeat for the Lions up at Huddersfield on Saturday in the new manager's first game in charge.

Although he was picking the side for the first time after only having been appointed last Monday, it was a similar side to the previous match.

We put in a disciplined, hard-working performance but were undone by a bad header from full-back Jack Smith that gifted the opposition an injury time winner.

It was a real sickener for the new manager, the team and all the Millwall supporters who had made the trek to Yorkshire.

Those are the kind of defeats that make you think relegation is worse than a possibility – it's a probability.

Holloway has organised a behind closed doors friendly between the squad this week, so from there it should become apparent what he needs at the top of his shopping list.

Although we are not rolling in money, I'm sure Holloway would have only agreed to the job if he were promised some funds this season and possibly some more in the summer if he keeps us up.

I'm sure he is going to be looking for some younger players who can bring a higher tempo and with more energy to the side.

Holloway's sides tend to play quick football and like to retain the ball, so interesting times are ahead



New broom: Ian Holloway

“Interesting times are ahead if he can keep us up

if he can do the business stave off relegation.

The press conference given by the club last Thursday showed just how engaging Holloway can be and how enthusiastic he is about getting the club back on its feet.

At the end of his Palace reign you could sense that he'd had enough of football and its politics and needed a break.

He explained how he didn't even have a chief scout at Palace and felt that the world was on his shoulders.

The Millwall board has made him feel wanted again

and even our ex-manager Kenny Jackett helped in selling the job to Holloway. He also recommended him to the board.

I'm sure a young winger, a striker and probably a central midfielder will be high on Holloway's list.

Our defence also needs improving, but he might look to use different combinations to see what works best to see if re-addressing that area can be left until the summer.

We have enough defenders at the club who have all played well for periods in the recent past, but they now need to deliver for the rest of the season otherwise they could well be replaced.

Quite a few of the players must be playing for their Championship futures. If they don't succeed at Millwall it will limit their options later on.

The wage drop between the Championship and League One and below must be huge and, given footballers have short careers, this should be a motivating factor.

Now we have a charismatic manager in charge hopefully he can bring the best out of the players at his disposal.

Saturday's home match against Ipswich, bossed by former Millwall manager Mick McCarthy, is a huge game.

The crowd will be behind Holloway and the team, but the players need to get stuck in from the off to keep the fans with them. It's vital we get a win.

Millwall v Ipswich, Sat, 3pm.

Hammers delight as Carroll returns**WEST HAM**Giles Broadbent
@wharf.co.uk

FOLLOWING two humiliating cup defeats and a spell in the relegation zone, the away win in Cardiff took on huge proportions.

"It was a fantastic day, a fantastic game and a fantastic result," said 27-year-old Spanish goalkeeper Adrian who kept his first clean sheet after conceding 11 goals in the cup matches.

The next game is Newcastle



Main man: Andy Carroll, left, holds Mark Noble

at home so we have an opportunity to take points on all the other teams."

With an international break

looming and a date with Chelsea following that, West Ham will be keen to capitalise on any run of form – and the lift provided by the return of Andy Carroll.

Defender Razvan Rat said: "I don't think about the bottom three, I just think to have back-to-back wins, just to play well and get a good result against Newcastle."

"It's a good thing for us that Andy is back. He will give us a boost as he is the main man up front."

West Ham v Newcastle, Sat, 3pm.

WEEKEND
FLUTTERWITH THE
RACING POST**RACING**

■ The build up to the Cheltenham Festival continues, with Ptit Zig worth a punt in the Champion Hurdle Trial at Haydock on Saturday.

The five-year-old ran a great race under a huge weight at Ascot last month and Paul Nicholls' runner will relish the likely conditions.

Ed Quigley



Chelsea's Eden Hazard celebrates

FOOTBALL

■ Chelsea are hitting top form at the right time and can beat Manchester United in Sunday's heavyweight Premier League clash.

United have already lost at Man City and Liverpool this season, while Chelsea come into the match on the back of five straight victories with only one goal conceded.

Mark Langdon

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

FREE BINGO
today between
12-1pm and 6-7pm

WE'VE GOT
50,000
FULL HOUSES
EVERY
MONTH!!

Open to every
funded player

Join Mirror Bingo today at
MirrorBingo.com

MOBILE TABLET DESKTOP



*Based on October 2013. Over 18s only. See www.mirrorbingo.com for full Ts&Cs. Please gamble responsibly www.Gambleaware.co.uk

Sport

Wharf



CARROLL'S BACK
Why Andy's return may
be the boost Irons need **P55**

CHARLTON

'Lethargic' Addicks are forced into Cup replay

Rob.Virtue
@wharf.co.uk

CHARLTON manager Chris Powell was a relieved man after seeing his side come back from 2-0 down to snatch a draw against Oxford in the FA Cup.

Goals from Michael Morrison and Yann Kermorgant gave Charlton a replay next Tuesday, but the Charlton boss was furious with his team's early effort.

"We were so lethargic in the first half," said Powell. "But then you saw what they were like in the second period."

"We had more tempo and we started to play better balls and hurt them in the danger area and, apart from one very good save from Ben Hamer, that was it."

GETTY



Charlton's Jordan Cousins fights for the ball with Sean Rigg of Oxford United

"We worked them more and could have won it at the end but, really, it shouldn't have been like that."

Meanwhile, Powell revealed American striker Dom Dwyer, who has been training with the Addicks, will not be joining the club on loan, despite speculation.

He also said he was in discussions with new owner Raymond Duchatelet to bring in more new players.

"I wouldn't say what I've had are assurances but we've discussed bringing players in," said Powell.

"I'm still getting to know them and they're still getting to know me so we'll have to see how it goes." *Middlesbrough v Charlton, Sat, 3pm.*

High-flying diver is set for big time

DIVING

She's only 12 years old but Scarlett is already being trained for the Olympics

Rob.Virtue
@wharf.co.uk

The wildly successful 2013 enjoyed by young diving hopeful Scarlett Mew Jensen could have gone to her head.

But the 12-year-old from Limehouse, who picked up Canary Wharf's Sports Personality of the Year in February, has her feet firmly on the ground.

Last year's impressive haul saw her triumph at the London Youth Games, win two golds and a silver in the national championships, pick up two bronze medals in a tournament in Rome against Europe's finest and win two golds in another top European competition in Sweden.

Scarlett also won a place on the national development squad for the 2016 and 2020 Olympics, training alongside Tom Daley. She's also been mentioned as

a possible for next year's Commonwealth Games, when she will only be just 13.

However, the schoolgirl, who also has a passion for dance, is not getting carried away with dreams of Glasgow 2014.

"That's probably not what I'm aiming for," said Scarlett. "I'm looking at international championships first."

"Sweden's coming up again this year and Rome, so I'm aiming for medals there. For the Commonwealth Games you're talking about the next level up and more complicated dives so I'm focusing on this year first then we'll see what happens."

Dedication comes at a price for



Bright future: 12-year-old Scarlett Mew Jensen demonstrates a dive

Scarlett who, while tackling her first year at secondary school, spends 12 hours a week perfecting her dives at Crystal Palace.

There she learns off top coaches and more experienced divers on the team. Despite meeting Tom Daley, it's those closer to her who are her inspiration.

"At Crystal Palace we've got Georgia Ward who's on the GB team and she's someone I would look up to more," said Scarlett.

"She really helps and encourages everyone in our group if we're

learning new dives, which gives us the confidence to do it."

There are hopes of training at the world-class Olympic facilities in Stratford – a move that would be ideal for the busy schoolgirl – but talks are still ongoing.

Her mother Charlotte, who takes her across the Europe for training and competitions, said: "It would make so much sense. She's going to Crystal Palace and sometimes Southend but it would be fantastic to use the facilities in Stratford."

Last-kick draw for sorry Blackheath

RUGBY Blackheath grabbed a draw at the death with fly-half Simon Whatling's last kick of the game at home to Loughborough Students.

But despite the 28-28 scoreline, the south-east Londoners can feel hard done by as they were on top for most of the match.

Blackheath travel to Tynedale on Saturday before returning to Rectory Field to take on Esher a week later.



HELEN WATSON

Dave Allen manages a try for Blackheath who had a torrid time against Loughborough students, only managing to tie in the final minute

Defeat all round for tired Millwall sides

RUGBY Millwall's first team lost 20-8 away to May and Baker in a top of the table clash, while the second string fell to Wanstead 38-14.

The reserves, the Llamas, had comprehensively beaten Wanstead in the reverse fixture earlier this season but were undone by tiredness this time around.

Millwall's firsts have a break while the reserves travel to Thurrock Cubs.

SPORT IN BRIEF

Results round-up

Docklands go top after 3-0 victory

VOLLEYBALL London Docklands secured a 3-0 win over Northumbria/Middlesbrough Academy on Saturday to move them to the top of National League Division One.

Slawek Omylski and Marc Schaeperloens were the stars as they eased past the threadbare visitors.

Lions draw the crowds with win

BASKETBALL London Lions' rise up the table has resulted in a boost in attendances at the Copper Box Arena in Stratford.

Their highest attendance of 2,200 people saw them overcome Newcastle in their last match.

Their next home game is against Durham Wildcats on January 26.



the Wharf LEAGUE

RESULTS

DIVISION ONE

Cavendish Allstars	5
Athletic Pasty	6
Camden Pathway FC ●	9
About	2
Landas Pandas	6
Bayer Neverlusen	5
Carlos Has The Eyes	9
Docklands Saints	7

DIVISION TWO

Le Coc FC	0
Hurford Salvi Carr	10
We Got No Fans	0
Jubilee Utd	10
Pavilion Casuals	8
Bathalona AFC	13
PCFC ●	24
The Wharf FC	7

DIVISION THREE

Wide FC ●	6
Mentor	7
Newport Dodgers	10
Syniverse	9
ISS Tigers	7
FC Hangover	10
Efan Ekoku's Elite	7
Centrepoint	5

Last games on January 12.
● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.

PROPERTY

Wharf

Canary Wharf's leading property guide



Londoners are settling for longer commutes

P15

Dealing with aftermath of a tenant's demise

P15

3

of the best properties available in London

P14



Injecting the bubbles into residential rental

Firm aims to take the hassle out of renting an East End flat [Page 14](#)

Gawor & Co

Solicitors

Conveyancing Solicitors in The Docklands since 1992

www.gawor.com

020 7481 8888

Services@gawor.com



3 OF THE BEST

Splash out



Guide: £2,770,000

Union Street, SE1

A two-bedroom, two bathroom duplex with two balconies on the lower floor. Spacious accommodation.

stirlingackroyd.com

Spend more



Guide: £425,000

Stamford Road, N1

A one-bedroom conversion flat with private rear garden. Close to Shoreditch and Hoxton.

stirlingackroyd.com

Spend less



Guide: £250,000

Lea Bridge Road, E5

Set within a development overlooking Mill Fields this is a larger than average one-bed. Close to Clapton station.

stirlingackroyd.com



For more properties on sale now in London, go to stirlingackroyd.com

Move in by March to get fortnight for free



Above, a brightly furnished flat available through Fizzy Poplar at New Festival Quarter, below right

FizzyLiving's offer is intended to make moving less expensive

Rob.Virtue
@wharf.co.uk

A firm managing high-end properties in east London is offering two weeks free rent to those who let before March.

FizzyLiving's deal is available at its Fizzy Poplar and Fizzy Stepney Green schemes. It says the idea is to reduce the costs associated with moving home.

Harry Downes, FizzyLiving's managing director, said: "Moving is an expensive business. You have to book a removals team or van, arrange for the internet and other packages to be installed along with coming up with hard cash to put down a deposit as well as that month's rent."

"Fizzy want to make it easier for our renty-somethings at the start of the

Why are you taking this money off?

"Moving is an expensive business. You have to book a removals team or van and arrange for the internet and other packages' installation."

year by giving away two weeks free rent for all those moving in before March 2014."

Fizzy Poplar covers 45 homes within the New Festival Quarter development. There, one-bed flats can be let from £1,300 per month, while three beds start at £1,850. It is close to Langdon Park and All Saints DLR stations, or a 15 minute walk to Canary Wharf.

In Stepney Green, the firm has 63 apartments in the VIVO building with one beds costing from £1,350 and three beds £2,600.

FizzyLiving, which also has units in Canning Town and Epsom, also announced plans to bring another 1,000 rental properties to the market over the next five years. Go to blog.fizzyliving.com.





In order to get more for their money, City workers are looking to properties outside London and putting up with lengthy commutes

Prime movers set sights beyond confines of city

Moneyed classes are increasingly looking outside London for quality of life

Beth Allcock
@wharf.co.uk

Buyers with more than £5million to spend on a new home remained just as willing to splash their cash throughout 2013, according to a new survey.

The results, published by Prime Property Finders, also show demand within the luxury property market

is set to continue throughout 2014 as those with a substantial budget seek key homes in desirable locations.

Overseas buyers and investors keen to snap up first or second homes in the capital have been identified as helping to drive the trend, particularly in areas such as Kensington and Chelsea as well as in the country.

Adam Ellis, owner of Prime Property Finders, said: "Our surveys of transactions and market movements show there is a healthy influx of affluent buyers and there is considerable interest in high grade country houses within easy commuting distance of the capital."

The study also revealed Londoners have been cashing in on the spike in demand for properties by trading in

How are things in the prime sector?

"Market conditions have certainly returned to the good old days with sellers achieving and surpassing asking prices."

their homes in favour of a life in the country.

This market sector has previously been lagging behind, but owners of large family homes in the capital, priced in the £1million-£3million bracket, have now shown a desire to opt for more house and grounds for their money.

The findings also suggest City workers have one eye on improving their families' quality of life while maintaining good access to towns and schools by retreating to the country, even if doing so results in a commute to the office of an hour or more.

Adam said: "Market conditions have certainly returned to the good old days with sellers achieving and surpassing asking prices."

"That means it's good news for Good Lifers as substantial family homes with land in the country are coming on the market for just under £1million and up to £3million for those with a cottage in the grounds, to make an ideal granny retreat or guest house for visitors."

Go to primepropertyfinders.co.uk.



Dealing with the death of your tenant

Q I am a landlord and I have just been notified that the tenant currently renting my apartment has died. This is sad news, of course, but with a mortgage to pay on the property am I entitled to assume that this event ends the tenancy? Can I re-let the apartment once my former tenant's personal items have been removed or is there further business I need to conduct?

A The death of a tenant is an extremely sensitive situation and should be handled with care.

However, death during a fixed term of an assured shorthold tenancy, does not automatically mean the agreement comes to an end.

The tenancy agreement is a contract and it does not come to



The death of a tenant does not end a tenancy agreement

an end when one of the parties dies.

The benefit of the tenancy and the liability to pay rent for the remainder of the fixed term both become part of the deceased tenant's estate, which may or may not have the funds to do so.

What is likely to happen in practice will depend on the exact circumstances.

If the tenant who died was one of at least two, jointly liable under the terms of the agreement then the surviving parties are bound to satisfy those obligations.

If the sole tenant has died you may want to seek possession of the property before the end of the fixed term or establish if any party has obtained succession rights. If no will is made, it may pass to their next of kin.

That person may then continue to live in the property under the terms of the existing tenancy until the landlord wishes to seek possession or the successor wishes to end the tenancy.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.



SHELDON HEIGHTS
NORTH WEST KENT

The best of both worlds...



Bringing Town and Country together

Holland Properties are proud to present this brand new gated community of 7 individually designed 4 and 5 bedroom luxury homes.

Situated in Marling Cross within an urban area but with a distinct rural feel, Sheldon Heights' unique location marries town and country perfectly. Being set on a private road, surrounded by green space and woodland, the whole development has a distinct country feel to it, but with its proximity to Gravesend, Ebbsfleet and the fantastic motorway links offered by this area, Sheldon Heights really is just minutes from everywhere.

These large four and five bedroom homes have been designed to optimize light and space. All three of the unique styles of home available on Sheldon Heights boast no single bedrooms, three large reception rooms, utility rooms, multiple en-suites, downstairs cloakrooms and family bathrooms. Four of the homes boast large dressing rooms with built-in storage and a dressing table.

With so many thoughtful touches such as the location of the boiler in the garage which frees up cupboard space in the kitchen, full height storage cupboards on all floors to hide unsightly vacuum cleaners and underfloor heating to the ground floor freeing up wall space for furniture, the feeling of space in these homes is unique.

The key features of this location are:

- Close easy access to the A2
- 8 mins by car to Ebbsfleet International
- 10 mins by car to Bluewater Shopping Centre
- 15 mins by car from Junction 2 of the M25
- 30 mins by car from Greenwich
- 45 mins by car from Central London
- 11 mins high speed train to Stratford from Ebbsfleet International
- 17 mins high speed train to London St Pancras
- 2 hrs 5 mins Eurostar to Gard du Nord, Paris from Ebbsfleet International



rejuvenate,
relax,
revive...

For more information about Sheldon Heights please contact Holland Properties:

020 7538 5554

docklands@hollandproperties.co.uk



Download a pdf of the full sales brochure at:
www.sheldonheights.co.uk

4 & 5 Bedroom
homes starting at
£650,000

Open evening
16th Jan 2014
4pm onwards



Ready for living

Seven minutes from Kings Cross and just 20 minutes to the West End*, East Village London could be your new address.

A unique collection of one, two and three bedroom apartments are available to rent or buy**, all on the doorstep of the Queen Elizabeth Olympic Park and Westfield Stratford City.

Rent from £210 per week
Buy from £67,500 for a 25% share

SHOW FLAT AVAILABLE TO VIEW

- High quality specification
- Spectacular views of London
- Private winter gardens and courtyards

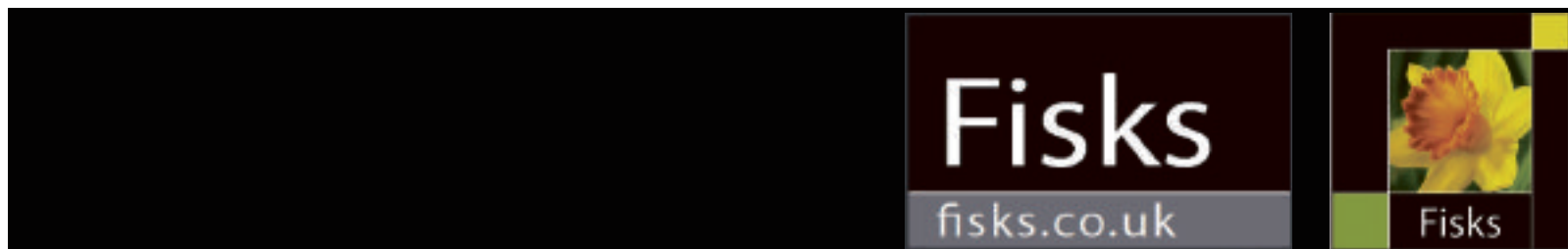
* Travel time source: TFL Journey Planner

** Eligibility required



homes
triathlon
at east village E20

Book an appointment today
Call 020 3714 2160
Email sales@triathlone20.com
www.triathlonhomes.com



DOCKLANDS

Ringwood Gardens, E14 SSTC INXS OF £249,995



Leasehold. One Bedroom. Dock Views. Chain Free. Allocated Parking Bay. 2008 Energy Band E. Double Glazed Windows Installed 2012.

Docklands 0207 517 8810

Millharbour, E14 SSTC INXS OF £460,000



Leasehold. 670sq ft/62.2sqm. Two Bedroom\Two Bathroom. Direct Dock Views. Chain Free. Energy Band B.

Docklands 0207 517 8810

Aegean Apartment, E16 Leasehold £440,000



1,008sq ft/ 93sqm. Direct Dock Views. Leisure Facilities. Chain Free. Energy Band C

Docklands 0207 517 8810

BENFLEET & CANVEY ISLAND

Oakfield Road, Benfleet, SS7 £299,995



Link Detached Property. Three Double Bedrooms. Stunning Kitchen/Diner. Lovely Modern White Kitchen. Ground Floor WC. First Floor Modern Four Piece Bathroom Suite. Well Maintained Rear Garden. Off Street Parking. Attached Garage. Energy Band - Ordered

Benfleet 01268 565555

Seamore Avenue, Benfleet, SS7 £215,000



Three Good Size Bedrooms. 20ft Kitchen/Diner. Modern Bathroom. Easily Accessible to Tarpots. Close to Local Bus Routes. Energy Band C.

Benfleet 01268 565555

Selbourne Road, Benfleet SS7 £245,000



Three/Four Bedrooms. Spacious Lounge. Modern Fitted Kitchen. Spacious Double Glazed Conservatory. Ensuite Shower Room to Master Bedroom. Good Size Garden Approximately 80ft in Depth. Popular School Catchment Area. Close to Local Amenities. Energy Band D.

Benfleet 01268 565555

Limburg Road, Canvey Island, SS8 £225,000



Semi Detached Family Home. Three Good Sized Bedrooms. Large Downstairs WC. Lounge/Diner, Modern Décor Throughout To A Show Home Standard. Garage & Off Street Parking. Energy Band: Awaiting.

Canvey Island 01268 510510

Downview, Central Wall, Canvey Island, SS8 £189,995



Semi-Detached. Three Bedrooms. Large Kitchen. Garage. Off Street Parking. No Onward Chain. Energy Band: Awaiting.

Canvey Island 01268 510510

Work in Canary Wharf?

**Why not commute
from Canvey or Benfleet in
Essex and be
there in under an hour*!**

*Route time based on 7:39 C2C train from Benfleet Station



Benfleet Office:
01268 565555
benfleet@fisks.co.uk

Canvey Office:
01268 510510
canvey@fisks.co.uk

Docklands Office:
0207 517 8810
docklands@fisks.co.uk

**SAVE
£10,000
LIMITED PERIOD ONLY
CALL FOR DETAILS!**

Lincoln PLAZA



**High Level
LIVING**

3 Bedroom APARTMENTS FROM £635,000

A stunning collection of exclusive
3 bed apartments averaging 920 sqft
5 minutes from the heart of Canary Wharf

- Rising 31 levels, majority with balcony or winter garden.
- Many with panoramic views.
- Exclusive lifestyle facilities including health spa, gym and private cinema.
- Secure underground parking.*
- Fabulous 4 storey communal winter garden and roof terrace.



Authentic apartment view.

NEW SALES & MARKETING SUITE NOW OPEN

020 8418 3637

LincolnPlaza@galliarhomes.com
galliarhomes.com

* Parking at additional cost.

**Galliard
Homes**



**High level living
SELLING FAST**

Capital Towers

STRATFORD E15

Brand new apartments brilliantly placed
for The City, Canary Wharf and Crossrail.
Luxurious 1, 2 & 3 bed winter garden apartments.

- An all private waterside development.
- On-site gym, secure parking* and concierge.
- Spectacular panoramic views.

2 BED APARTMENTS FROM

£360,000



LONDON CENTRAL SALES OPEN 7 DAYS

020 7620 1500

sales@galliarhomes.com
galliarhomes.com

* Parking at additional cost.

**Galliard
Homes**

**Aitch
GROUP**

Bigger + better in 2014

Celebrate

Eat

Drink

Network

Enjoy

Prices

**£85 per
person**

£80 for 4+

Email nikki.hamersley@wharf.co.uk or call 020 7293 2247 for bookings and more information

**HOSTED BY
LEE
HURST**



Tickets include a drinks reception in association with
Gaucho + three course dinner + wine and cocktails + evening
entertainment at the Hilton London Canary Wharf on May 8

GAUCHO

the **Wharf** May 8, 2014 **PROPERTY
AWARDS**

in association with **Gawor & Co**
Solicitors

London's Finest Properties

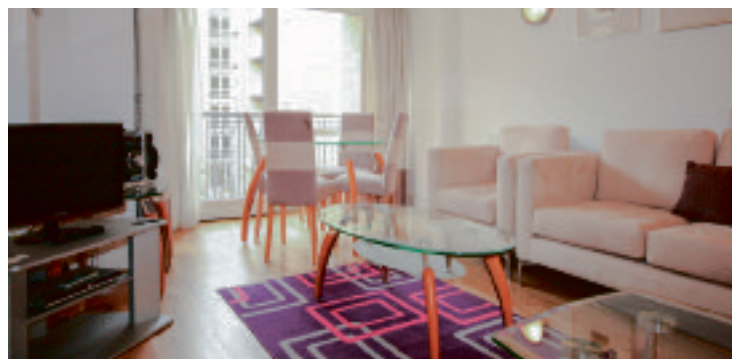
www.liferesidential.co.uk | 020 3668 1030



Lanterns Court · Cobalt Point · E14

1 bedroom, 1 bathroom apartment | Available Mid January | Close to South Quay DLR | Fully furnished | 24 hour Concierge | Fully equipped Gymnasium

£ 325 p/w



Canary Central · Turner House · E14

1 bedroom, 1 bathroom apartment | Available now | Close to South Quay DLR | Fully furnished | Concierge service | Fully equipped Gymnasium

£ 340 p/w



Kara Court · E3

A stunning interior designed penthouse nestled within this recently released scheme of luxury one, two and three bedroom apartments. The property comprises three double bedrooms with fitted wardrobes, a sleek modern fully equipped kitchen opening onto a spacious lounge and one of four generous sized balconies.

Asking Price £ 850,000



Lanterns Court · Cobalt Point · E14

A luxury penthouse apartment in Canary Wharf enviably located in an exclusive development moments from the bustling heart of Canary Wharf, this luxurious two bedroom apartment measuring over 1600 sq ft offers a high-specification interior, residents gymnasium, 24 hour concierge and 2 allocated parking spaces.

Asking Price £ 985,000



Westgate Apartments · E16

2 bedroom, 2 bathroom apartment | Available now | Close to Royal Victoria DLR | Fully furnished | Parking Included

£345 p/w



Caspian Wharf · E3

2 bedroom, 2 bathroom apartment | Available January | Close to Langdon Park DLR | Parking Included

£380 p/w



**JONES LANG
LASALLE®**

Real value in a changing world

020 7715 9700
joneslanglasalle.co.uk



Aqua Vista, E3 **£285,000 L/H**

- Investment opportunity
- One bedroom
- Canal Views
- Luxury development

EPC - C



Lanterns Way, E14 **£320,000 L/H**

- Investment Opportunity
- AST until Feb 2015
- One bedroom
- Concierge & gym

EPC - B



Baltimore Wharf, E14 **£330,000 L/H**

- STUDIO SUITE
- 344sqft, 2nd floor
- Dock Facing Balcony
- Crossharbour DLR

EPC - B



Capital East, E16 **£369,950 L/H**

- 1 bedroom
- Secure parking
- Stunning views
- Close to Excel and DLR

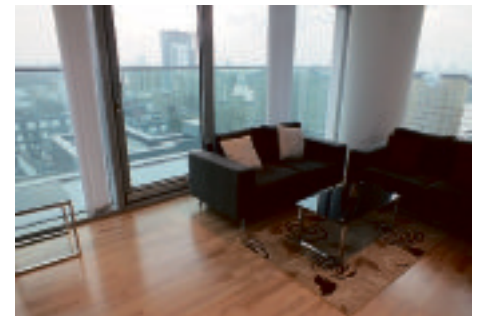
EPC - TBC



Landmark East, E14 **£480,000 L/H**

- One Bedroom
- 34th floor, 530sqft
- 24hr concierge & gym
- Heron Quays DLR

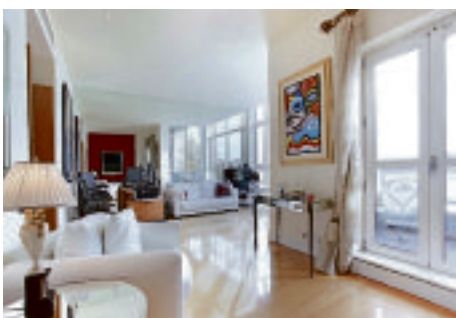
EPC - B



Landmark East, E14 **£640,000 L/H**

- Two bed, two bath
- 11th floor, 807sqft
- Facing South & East
- 24hr Concierge & gym

EPC - B



Canary Riverside, E14 **£975,000 L/H**

- Two bed, two bath
- Exceptional Waterfront apartment
- Private Gated Parking
- 24hr Concierge

EPC - D



Canary Riverside, E14 **£1,100,000 L/H**

- Penthouse apartment
- Two bed, two bath
- Underground parking
- Stunning views

EPC - C



Quayside House, E14 **£1,200,000 L/H**

- Three bed, two bath
- Listed warehouse conversion
- Allocated parking
- 24hr Concierge, pool & gym

EPC - C



JONES LANG
LASALLE®

Real value in a changing world

020 7715 9700
joneslanglasalle.co.uk

Tenant agency fees: £240 inc VAT administration fee per property, £48 inc VAT referencing fee per Tenant/Guarantor



Altius Apartments, E3

£265pw

- One bedroom
- Balcony
- Furnished
- Bow Church DLR

EPC - C



Lymington Lodge, E14

£325pw

- Two bed apartment
- One bathroom
- Allocated parking
- Mudchute DLR

EPC - C

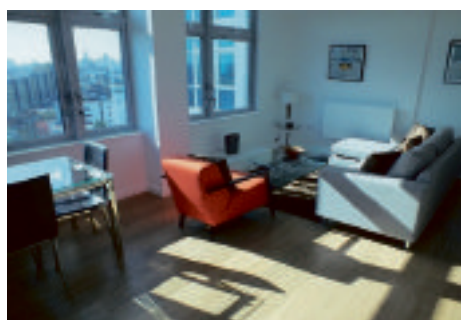


Meridian Place, E14

£350pw

- One bed apartment
- Impressive dock views
- Balcony & Parking
- Surrey Quays DLR

EPC - C



Iona Tower, E14

£360pw

- Two bed, two bath
- Balcony
- Concierge Service
- Limehouse DLR

EPC - B

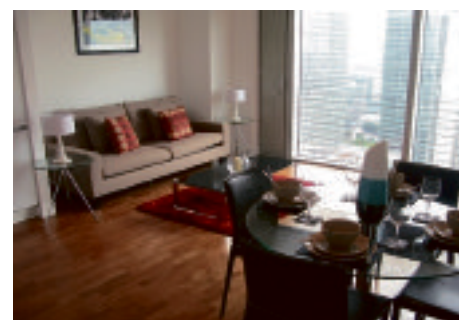


New Providence Wharf, E14

£380pw

- One bedroom
- Balcony, river views
- 24hr concierge & gym
- Blackwall DLR

EPC - B



Landmark East, E14

£420pw

- Luxury apartment
- One bedroom, 39th floor
- 24hr concierge & gym
- Heron Quays DLR

EPC - C



Ability Place, E14

£594pw

- Two bed, two bath
- Parking
- Balcony & Gym
- South Quay DLR

EPC - C



Berkeley Tower, E14

£695pw

- Luxury Apartment
- Two bed, two bath
- Balcony with river views
- Parking & Concierge

EPC - C



Landmark East, E14

£950pw

- Three bed, two bath
- Dual aspect stunning Views
- Balcony, 37th floor
- Allocated parking

EPC - B

CBREResidential
London

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS

40 YEARS IN EAST LONDON
SALES, LETTINGS, MANAGEMENT
PREMIER LOCAL AGENT
DATABASE OF OVER 5,000
REGISTERED APPLICANTS
ACCESS TO GLOBAL CONTACTS
THROUGH 300 OFFICES
SAME TEAM OF
21 RESIDENTIAL STAFF
LOCAL KNOWLEDGE
AND GLOBAL COVERAGE

CBREResidential
London

We've changed our name

Alan Selby & Partners are now called CBRE



The same team offering the same great residential sales, lettings and management services, now have a global network they can access, to get the best buyers and tenants for your property from around the world.

*Get in touch to find out more about
CBRE Residential London*

**ALAN SELBY
AND PARTNERS****CBRE**

CBREResidential
London

Sales

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS**Aegon House, E14**
Two Bedroom Apartment

This stunning one bedroom apartment with breath taking views over Canary Wharf, the City skyline and Millennium Dome.

The apartment is situated on the eighth floor possessing a large private balcony accessible via a well presented reception room. With a modern bathroom suite, kitchen and spacious double bedroom all renovated throughout to a high standard. The property further benefits from having secure underground parking. Boasting a favourable locale, with easy access to transport and amenities this is a must see!



£314,995

Seacon Tower, E14
Two Bedroom Apartment

Offering fantastic views across the River Thames and overlooking to City Skyline. This stylish two bedroom apartment is situated on the fourteenth floor and offers accommodation comprising: reception room with modern kitchen and access to a river facing balcony, master bedroom with en-suite shower room, main bathroom and second bedroom.

This private gated development offers 24 hour porter and access to leisure facilities and a spa. Situated within 550 metres of the Canary Wharf estate offering an abundance of shops, bars, restaurants and leisure facilities as well as both Jubilee line and DLR stations.



£499,995

CBREResidential
London

Lettings

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS**Landmark, E14**
One Bedroom Apartment

This one bedroom apartment in Landmark East tower is furnished to an extremely high standard and boasts exceptional views. This apartment offers a large open-plan living dining area and large double bedroom. This prestigious development is situated in the heart of Canary Wharf and has exceptional north westerly views over London and the River Thames.



£425 per week

Orion Point, E14
Two Bedroom Apartment

This stunning duplex-penthouse apartment located at the top of Orion Point, The Odyssey. The apartment has been designed to exploit the virtues of natural light and space, with part open-plan living areas, creating an apartment of great versatility. EPC Rating: G

- Floor-to-ceiling glass feature wall
- Two double bedrooms and two luxury bathrooms
- Air conditioning
- Spacious terrace area covered by a unique sculptured steel 'wave'
- Spectacular views of the River, Canary Wharf and the City The property also boasts secured parking, 24 hour concierge, leisure facilities and is located within easy reach of the DLR



£750 per week



Chase Evans

**Burrells Wharf, E14****£499,995 F/H Share**

Two bedroom apartment of approximately 1,011 sq ft with parking, balcony, wood flooring and fully fitted kitchen situated on the third floor of this impressive grade II listed building within a landscaped, riverside development. Burrells Wharf offers 24 hour concierge service, swimming pool, gymnasium, sauna and spa and is conveniently located for DLR and Thames Clipper transport links to Canary Wharf, the City and Greenwich.

Docklands 020 7510 8444

**Altitude, E1****£775 pw**

Brand new, three bedroom, two bathroom apartment set on the 12th floor of this iconic tower on the edge of the City of London. This contemporary property is offered designer furnished and features a luxury fully integrated kitchen, comfort cooling and superb city views.

Pan Peninsula 020 7536 7900

**The Arthouse, N1****£675 pw**

Brand new two bedroom, two bathroom apartment set on the 3rd floor of this fabulous new development in the heart of the King's Cross re-generation zone. The property is offered designer furnished and features wooden flooring, a balcony and high specification throughout.

City 020 7488 2777

**Panoramic Tower, E14****£520 pw**

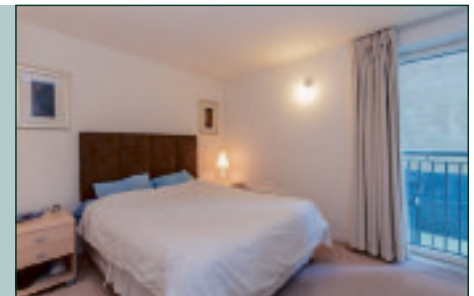
Three double bedroom, two bathroom apartment with balcony set on the 7th floor of this new development located just a two minute walk from Langdon Park and All Saints DLR stations and benefiting from concierge service, roof terrace and views of Canary Wharf.

Canary Wharf 020 7515 1000

**Season Tower, E14****£383,000 L/H**

One bedroom riverside apartment on the first floor of this modern, riverside development with 24 hour concierge, on site leisure facilities and spa. The property benefits from a corner balcony featuring stunning views across the river Thames, open plan, fully fitted kitchen and tiled bathroom. Excellent location just moments from Canary Wharf business district, DLR and Jubilee line underground stations and the Thames Clipper riverboat service.

Pan Peninsula 020 7538 7900



Canary Wharf office
Horizon Building, 15 Hertsmere Road, London E14 4AW
Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

City of London Office
45 Aldgate High Street, London EC3N 1AL
Tel: 020 7488 2777 | city@chaseevans.co.uk

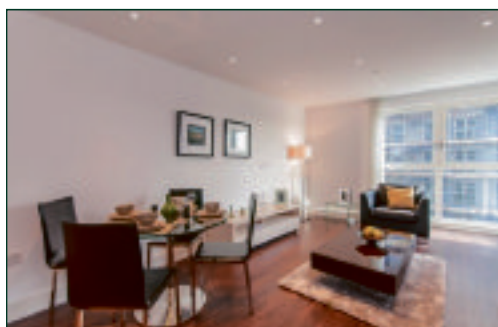


Chase Evans

**Limehouse Court, E14****£375,000 L/H**

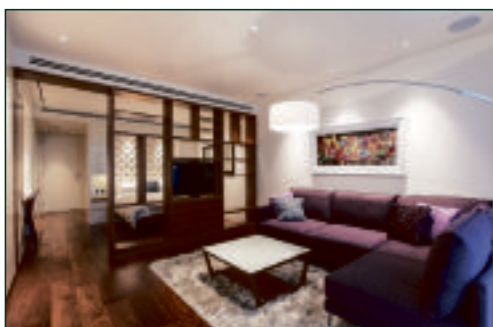
Chase Evans is pleased to offer this spacious one bedroom apartment of approximately 775 sq ft set on the first floor of this modern canalside development. The property benefits from wood flooring, private balcony overlooking the canal, fully fitted kitchen tiled, tiled ensuite bathroom and additional guest W.C.. Transport links include Limehouse and Westferry DLR stations for easy access to the City, Canary Wharf, Greenwich and Stratford.

Canary Wharf 020 7515 1000

**Queensland Terrace, N7****£500 pw**

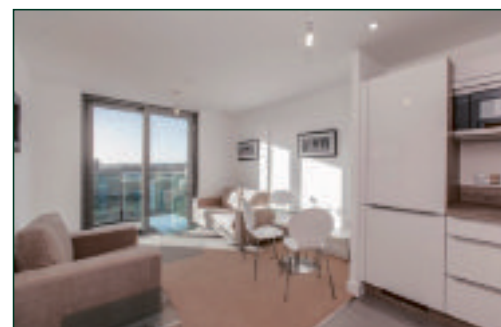
Two bedroom, two bathroom apartment set in this brand new development close to Holloway Road underground station with 24 hour concierge and residents' fitness suite. This stylish property is offered designer furnished and features underfloor heating and a private balcony.

City 020 7488 2777

**The Heron, EC2****£450 pw**

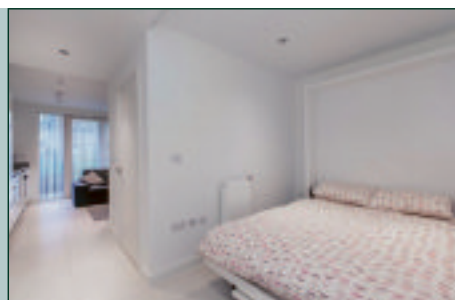
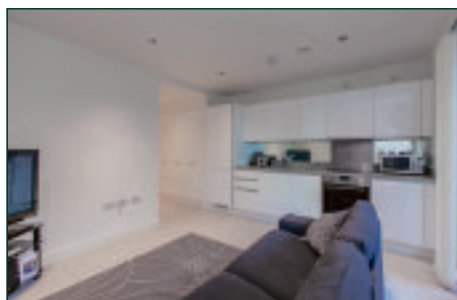
Brand new, 8th floor studio suite set within this iconic development offering 5 star concierge, spa, gymnasium and private rooftop club located in the heart of the City of London. The property features high specification throughout and is offered designer furnished.

Pan Peninsula 020 7536 7900

**Renaissance, SE13****£300 pw**

Studio suite set on the fourth floor of this striking building situated within a landscaped development benefiting from a 24 hour concierge service. This property benefits from a separate sleeping area, fully integrated and appliances kitchen and wood flooring.

Docklands 020 7510 8444

**21 Wapping Lane, E1****£315,000 L/H**

This impressive ground floor studio suite is set within this fantastic new Ballymore built development with courtyard garden and 24 hour concierge located in the centre of historic Wapping with excellent transport links for easy access to Canary Wharf, the City and Tower Bridge. The apartment offers an open plan living space and kitchen, private balcony, separate sleeping area, extensive built in storage and fully tiled shower room.

City 020 7488 2777

**Docklands office**

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

WE KNOW WHY PEOPLE LOVE LIVING IN LONDON'S VILLAGES
LIVELY COMMUNITIES, PRETTY PARKS, GOOD PUBS AND RESTAURANTS,
CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



SKYLINE COURT, SE1

£549,950

A two bedroom two bathroom penthouse apartment found within this sought after SE1 development. Offering spacious living accommodation throughout the property also includes private terrace and secure parking.

SHAD THAMES
020 7089 6490
Ref: FJL027604535
EPC - C



THE CIRCLE, SE1

£1,275,000

This three bedroom two bathroom south facing penthouse apartment offers spacious living accommodation throughout including large terrace, refurbished kitchen and bathrooms and air conditioning.

SHAD THAMES 020 7089 6490
Ref: FJL027604431 | EPC - D



MILLENNIUM SQUARE, SE1

GUIDE PRICE £750,000 - £775,000

Located within this sought after Shad Thames development is this superb two bedroom third floor apartment with private balcony offering views of the Shard. Other features include luxury bathroom, and secure parking.

SHAD THAMES 020 7089 6490
Ref: FJL027603996 | EPC - C



ADMIRALS COURT, SE1

£749,000

This pretty two bedroom two bathroom apartment is situated within the heart of Shad Thames with views over Tower Bridge Piazza. Features include two private balconies, porter and secure underground parking. Viewing highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604516 | EPC - C



ELEANOR CLOSE, SE16

£875,000 - £925,000

A beautifully presented four bedroom mid terrace house set over three storeys making the perfect family home. The garage has been converted to give a perfect kitchen/reception/dining area leading out onto a private decked area overlooking Surrey Canal.

SURREY QUAYS
020 7237 2320
Ref: FJL113200933
EPC - C



COMMODORE BUILDING, SE1

£675,000

This two bedroom two bathroom apartment offers a large 21' rear terrace as well as a private balcony. Other features include fitted kitchen and underground parking. Early viewing is highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604545 | EPC - C

BALTIC QUAY, SE16

£499,950

A superb two double bedroom apartment in excess of 900 sqft internally and finished to a high standard having recently been refurbished throughout.

SURREY QUAYS
020 7237 2320
Ref: FJL113200973
EPC - C



STANTON HOUSE, SE16

£525,000

A three bedroom penthouse apartment in this modern development set along Rotherhithe Street. The apartment benefits from extensive outside space with balcony offering direct river views and private roof terrace accessed via spiral staircase.

SURREY QUAYS 020 7237 2320
Ref: FJL113200952 | EPC - C



GLOBE WHARF, SE16

£360,000 - £380,000

A unique one bedroom apartment in excess of 600 sqft internally, forming part of this converted rice mill benefitting from exposed brickwork and warehouse style windows. The development has use of gym, swimming pool and concierge service.

SURREY QUAYS 020 7237 2320
Ref: FJL113200974 | EPC - C

WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF
GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



APOLLO BUILDING, E14 £499,995

Offering spectacular views South Westerly across the River Thames is this stylish two bedroom, two bathroom apartment located within the Odyssey Development. On site facilities include private gym, undercover gated parking and 24 hour concierge.

CANARY WHARF
020 7987 6776
Ref: FJL026904292
EPC -



MILLHARBOUR, E14 £459,995

This well located apartment comes with fabulous south westerly views towards the dock. This spacious property has two bedrooms, two contemporary styled bathrooms and a private balcony. 41 Millharbour is located at South Quay and only a few minutes walk from Canary Wharf.

CANARY WHARF 020 7987 6776
Ref: FJL026904282 | EPC -



ARRAN HOUSE, E14 £449,995

Offering a lovely southerly view over a canal is this well proportioned two double bedroom apartment with its own private garage, a few minutes walk from Canary Wharf.

CANARY WHARF 020 7987 6776
Ref: 5123648 | EPC -



Adventures Court, E14 £399,995

This immaculate 7th floor apartment comes with bright, spacious rooms with far reaching views. This contemporary styled property also benefits from a large private balcony area and an underground car parking space and is a short walk to the DLR.

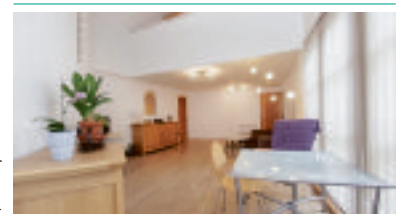
CANARY WHARF 020 7987 6776
Ref: FJL026904312 | EPC -



NAXOS BUILDING, E14 £339,995

This immaculate 1 bedroom apartment comes with river views from all principle rooms and direct access to a private terrace and communal gardens. This contemporary styled property is finished to a high specification throughout. Naxos building enjoys some superb on-site facilities including a resident's gym, library and 24 hour concierge. Canary Wharf is also only a short walk away.

CANARY WHARF
020 7987 6776
Ref: FJL026904271
EPC -



PIERHEAD LOCK, E14 £549,995

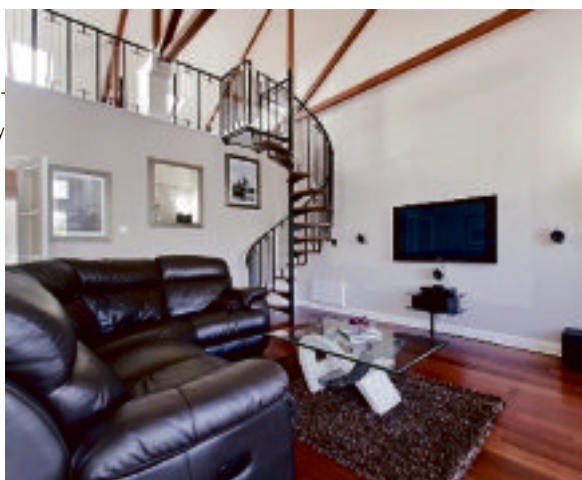
A rare chance to acquire a unique apartment spread over two floors in this award winning development. This beautifully presented apartment comes with 3 double bedrooms, two bathrooms and a spacious living room with a double height ceiling. A well appointed kitchen comes with fully integrated appliances and a south facing walled garden provides a great space for summer entertaining.

CANARY WHARF 020 7987 6776
Ref: FJL026904155 | EPC - F

QUAY VIEW APARTMENTS, E14 £524,995

Immaculate top floor apartment with beautiful direct dock views towards Canary Wharf, the property is set over two floors and offers two huge bedrooms, two bathrooms, fitted kitchen, allocated parking, and share of freehold

CANARY WHARF
020 7987 6776
Ref: FJL026904315
EPC -



WESTGATE APARTMENTS, E16 £329,995

Positioned next to the Excel Centre is this contemporary styled 2 double bedroom 2 bathroom ground floor apartment. This apartment includes secure parking, concierge and is within walking distance to the DLR and the Thames cable car.

CANARY WHARF 020 7987 6776
Ref: FJL026904300 | EPC -



NEW ATLAS WHARF, E14 £745,000 – SOLD

Do you have a property to sell in New Atlas Wharf? We have buyers waiting for apartments within the development. Call now to discuss our exclusive fees.

CANARY WHARF 020 7987 6776
Ref: FJL026904113 | EPC -

WE KNOW WHY PEOPLE LOVE LIVING IN LONDON'S VILLAGES
LIVELY COMMUNITIES, PRETTY PARKS, GOOD PUBS AND RESTAURANTS,
CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord

SSTC
Another Wanted



CHEVENING RD, SE10 £600,000

SOLD, SOLD, SOLD
A rare opportunity has arisen to purchase a double fronted Victorian terrace requiring full refurbishment, set within close proximity to Halstow Primary School.

GREENWICH
020 8293 8555
Ref: FJL027103927
EPC - C

SSTC
Another Wanted



FARMDALE RD, SE10 £425,000

A beautifully presented two bedroom victorian terrace benefiting from a four piece first floor bathroom, larger than average rear garden and a wealth of attractive features throughout

GREENWICH 020 8293 8555
Ref: FJL027104084 | EPC - B



ASHBURNHAM PLACE, SE10 £950,000 - 975,000

Presented throughout in absolutely immaculate condition, this impressive three bedroom period freehold terrace offers the perfect blend of luxury fixtures and fittings, with a wealth of period features, generous accommodation and large rear garden.

GREENWICH 020 8293 8555
Ref: FJL027104037 | EPC - C

CATHERINE GROVE, SE10 £425,000

A beautifully presented two bedroom split level apartment, featuring the most amazing private 60ft rear garden, off street parking in an enviable location in West Greenwich.

GREENWICH 020 8293 8555
Ref: FJL027104015 | EPC - C

SOLD
Another Wanted



COLERAINE ROAD, SE3 £1,500,000

A superb opportunity to buy a large five bedroom, double fronted home within the heart of Westcombe Park with the ability to improve to suit your own needs. This family home boasts excellent schools and transport links, all a stones throw to Greenwich Park.

BLACKHEATH STANDARD 020 8293 1143
Ref: FJL010705270 | EPC - C

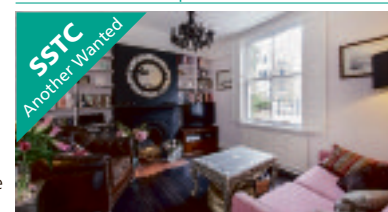


Seren Park Gardens, SE3 OIRO £950,000

An outstanding three bedroom penthouse within Seren Park, a prime spot neighbouring Maze Hill station, the world heritage Greenwich town centre and Royal Park. Unique benefits include a private lift, two parking spaces and a roof terrace over one wing with stunning views.

BLACKHEATH STANDARD
020 8293 1143
Ref: FJL010705386
EPC - B

SSTC
Another Wanted



FURZEFIELD ROAD, BLACKHEATH SE3 £500,000

Set within the highly desired Rectory Fields conservation area is this charming two double bedroom cottage presented in excellent order. With two reception rooms, a large upstairs family bathroom and courtyard garden.

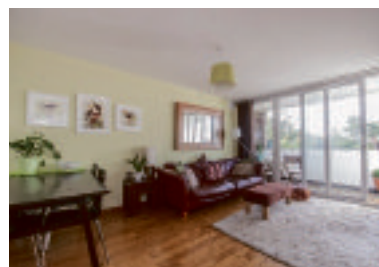
BLACKHEATH STANDARD 020 8293 1143
Ref: FJL010705343 | EPC - C

MANOR PARK, SE13

Guide Price
£250,000 - £260,000

A beautifully presented one bedroom conversion on the first floor of an impressive detached Victorian house. Being within a fabulous location, offered for sale with a Share of Freehold and access to a exceptional rear garden.

BLACKHEATH VILLAGE
020 7089 6490
Ref: FJL010604703
EPC - C



BELMONT HILL, SE13

Guide Price £340,000 - £360,000

Situated in the desirable Belmont Hill area close to Blackheath Village this spacious two bedroom apartment in a private gated development comes with a "Share of Freehold" a large south facing balcony and a garage en-block.

BLACKHEATH VILLAGE 020 7089 6490
Ref: FJL010604640 | EPC - C



PHOENIX COURT, SE13 £285,000

With well proportioned accommodation arranged over two floors, this beautifully presented split level conversion is in an excellent location ideally situated for an array of local shops with Blackheath Village Centre and Train Station near by.

BLACKHEATH VILLAGE 020 7089 6490
Ref: FJL010604474 | EPC - C



lourdes-estates.com
020 7538 9250



Berglen Court, Limehouse, E14

- One bedroom apartment
 - Secure parking
 - Private balcony
 - Close to Limehouse DLR Station
- £310 per week** EPC = C



New Festival Quarter, London, E14

- Brand new one bedroom penthouse
 - Secure parking
 - Private balcony
 - Residents Gym
- £345 per week** EPC = B



Ocean Wharf, London, E14

- One bedroom apartment
 - Residents gym
 - Private decked terrace
 - Secure parking
- £345 per week** EPC = B



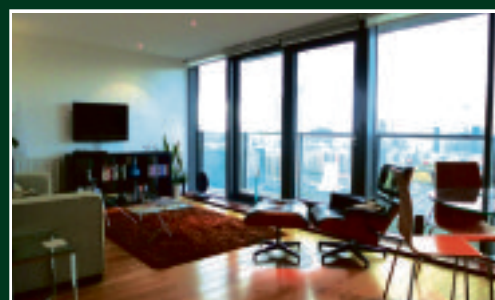
Vantage Mews, London, E14

- Two bedrooms
 - Secure Parking
 - Two bathrooms
 - Private balcony
- £375 per week** EPC = B



Lamb Court, Limehouse, E14

- Two bedrooms
 - Private terrace
 - Two bathrooms
 - Parking space
- £435 per week** EPC = C



Elektron Tower, London, E14

- Two bedroom apartment
 - Private balcony
 - Two bathrooms
 - Residents gym
- £450 per week** EPC = B



Public Notice

72 Fusion Building, 187 East India Dock Road, London E14 0EF We are acting in the sale of the above property and have received an offer of £286,000. Any interested parties must submit any higher offers in writing to the selling agents before an exchange of contracts takes place. EPC – B



New Providence Wharf, Fairmont Avenue, E14

- One double bedroom
 - Walk in Wardrobe
 - River views
 - Five star facilities
- £379,000** EPC – C



Milligan Street, Limehouse, E14

- Two double bedrooms
 - Secure parking
 - Excellent location
 - Kitchen/diner
- £420,000** EPC – C



Equinox, Island Gardens, E14

- Two double bedrooms
 - Excellent transport links
 - Immaculately represented
 - Secure parking
- £439,950** EPC – C



The Watgardens, Narrow Street, E14

- Two double bedrooms
 - Desirable development
 - Excellent condition
 - Secure parking
- £480,000** EPC – B



New Providence Wharf, Fairmont Avenue, E14

- Two double bedrooms
 - Five star facilities
 - Private balcony
 - Valet parking
- £500,000** EPC – D

96 Three Colt Street, Limehouse, London, E14 8AP
enquiries@lourdes-estates.com





Beyond your expectations
www.hamptons.co.uk

HAMPTONS
 INTERNATIONAL



Docklands, E16 £345,000

Two bedrooms, two bathrooms, large balcony, gym, concierge & parking space.
 EPC: B



Docklands, E14 £560,000

Two bedrooms, two bathrooms, balcony, gym, spa, cinema, cocktail lounge, concierge.
 EPC: B



Docklands, E14 £665,000

Two bedrooms, two bathrooms, river views, gym, concierge, spa, valet parking.
 EPC: B



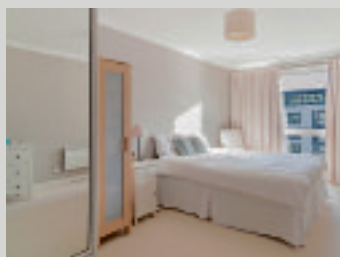
Docklands, E14 £890,000

Luxury two bedrooms, two bathrooms, balcony, concierge, gym and parking.
 EPC: B



Beyond your expectations
www.hamptons.co.uk

HAMPTONS
INTERNATIONAL



Boardwalk Place, E14 - £495 per week

A stylish and immaculate two bedroom apartment with stunning views across the basin and river. EPC: E



East Arbour Street, E1 - £525 per week

A lovely end of terrace Georgian townhouse with lots of character, a large private patio garden, modern kitchen and two double bedrooms. EPC: E



Langbourne Place, E14 - £425 per week

A large two bedroom apartment set within a popular gated development directly on the river. Apartment boasts large open plan reception, balcony and parking. EPC: B



Cumberland Mills Square, E14 - £650 per week

A simply wonderful two bedroom, two bathroom apartment with stunning views across the Thames towards Greenwich Maritime Museum. EPC: C



Gawor & Co

Solicitors



Conveyancing Solicitors in The Docklands since 1992

Gawor & Co Solicitors are Property Solicitors located in Wapping, London E1, established for over 15 years and specialising only in Property Law and in particular the purchase and sales of Flats and Houses. We provide our Clients with conveyancing advice and skills in all areas of residential and commercial property Law and have Solicitors who are ready to give every assistance in making transactions as smooth and stress free as possible. We have completed thousands of conveyancing and mortgage transactions and over 70% of our annual business are repeat Clients.

We are Law Society Accredited Conveyancing Quality Solicitors and were in the first 100 Solicitors firms to achieve this accreditation, we would be happy to discuss your conveyancing requirements, our fees and conveyancing costs at your convenience.

Proud sponsors of the Wharf Property Awards 2014

New Crane Wharf, New Crane Place,
Wapping, London, E1W 3TS

www.gawor.com | 020 7481 8888 | Services@gawor.com



020 7112 4972
 info@metro-village.com
 www.metro-village.com



Trundleys Road SE8

Available December, three bedroom house in Surrey Quays, perfect for families and young professionals. Spread over two floors, this spacious end of terrace house benefits from a large open plan ground floor layout with the large living space and dining area, leading onto the large kitchen and accessible private garden to the rear of the property. On the first floor there are two spacious double bedrooms, and one generously proportioned single bedroom, also a lovely bathroom.

3 Bed House £435 Per Week



Empire Square SE1

Available immediately, this stunning one bed apartment in the highly desired Empire Square development, benefiting from a 24-7 concierge service and just minutes to Borough Station & London Bridge Station. With a large open-plan living space and ample storage within the bedroom, this generous apartment is on the market for just £450 per week! This unique gated development offers modern living within a vibrant and lively part of the city. This property is ideal for young professionals who work within London, looking for a stylish and secure part of London to live in.

1 Bed £450 Per Week



Plover Way SE16

Available now, this great two double bedroom, duplex flat situated in the popular Plover Way estate. This property has two spacious double bedrooms, two bathrooms (one of which is en suite), a large living area with plenty of storage and room for dining and a separate fully fitted kitchen and breakfast table.

You will also find a Juliette style balcony's in the living area and master bedroom. The property is available fully furnished and comes with communal parking.

2 Bed Duplex £415 Per Week



Fairmont House, Maple Quays SE16

A stunning two double bedroom, two bathroom luxury apartment in Fairmont House, part of the much sought after Maple Quays development on the doorstep (less than a minutes walk!) of Canada Water station. The spacious living room is furnished to a modern standard and opens directly onto a lovely terrace. The master bedroom has an enormous amount of storage, and a lovely en suite shower room. The second bedroom is also an excellent size. The property itself is finished to the highest standard, and is located within the Maple Quays development and so benefits from access to the private and very well equipped gymnasium (open 24 hours)

2 Bed £470 Per Week



Water Gardens Square

Located within the Water Garden Square, this spacious two bedroom apartment is just minutes away from the Canada Water station. The development benefits from a porter service, and there is secure underground car parking available by negotiation. This property is offered furnished to an impeccable standard, and benefits from solid wooden flooring. Modern open plan living and under-floor heating throughout. Both bedrooms are an excellent size and boast modern & comfortable double beds and ample storage, the master suit also has an En suite bathroom. As you would expect in this great development, the kitchen is fully fitted with all modern appliances (integrated oven, hob, dishwasher, washing machine & fridge/freezer).

2 Bed £420 Per Week



Ontario Tower, Maple Quays SE16

A fantastic opportunity to live on the fifteenth floor of Ontario Point! This shimmering 25 Storey tower houses this sumptuous one bedroom apartment on the 15th floor, which boasts uninterrupted views over the city skyline, including Tower Bridge, the Shard, St Paul's Cathedral, The London eye to name a few!

The development boasts a private and well equipped residents' gymnasium as well as 24 hour concierge service.

1 Bed £620,000

STOCK URGENTLY REQUIRED

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

www.metro-village.com

16 January 2014

Maritime Properties

www.maritime-properties.co.uk



- Millennium Quay, SE8
- Leasehold
- Greenwich/Cutty Sark DLR
- Chain-Free & Vacant
- 2 Bed, 2 Bath
- 2nd Floor

Stretton Mansions, SE8 £369,950



- One Bedroom
- 101 Years Investment
- Charlton
- Private Garden
- Great Investment
- Fully Refurbished

Prince Henry Road, SE7 £159,950



- Development Opportunity
- Leasehold
- Kennington Station
- Permission for 3 x 1 Bed
- 4 Bedroom
- Must be seen

Braganza Street, SE17 £800,000



- Two Bedroom
- 96 Years Lease
- Rayners Lane
- Parking
- £12k p/a Income
- Tenanted/Vacant

Alexandra Avenue, HA2 SSTC



- Semi Detached
- Downstairs W/C
- Four Bedrooms
- Gated Development
- Two En-suites
- Garage/OS Parking

Waterview Close, DA6 £550,000



- Town House
- Parking
- Five Bedrooms
- High Quality
- Greenwich
- Garden

Trafalgar Grove, SE10 £3,000 PCM



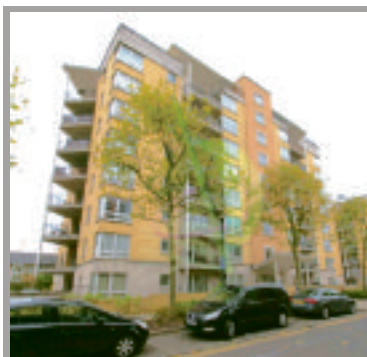
- Two Bedroom
- Street Parking
- Ground Floor Flat
- Grove Park Station
- Garden
- 963 Year Lease

Marvels Lane, SE12 SSTC



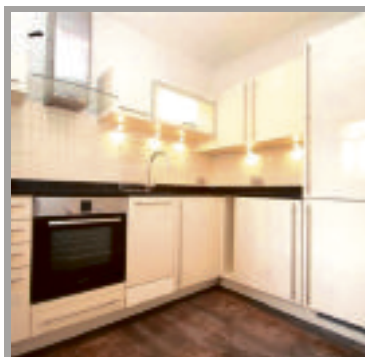
- A3 Use
- Three Bedroom Flat Above
- Large Shop Floor
- Large Flat
- Fully Fitted Kitchen
- Development Potential

Trafalgar Road, SE10 £680,000



- Two Bed/Two Bath
- Furnished
- Amazing Views
- Available Now
- Docklands
- Fully Fitted Kitchen

Adventurers Court, E14 £1,646 PCM



- Two Bedrooms
- Furnished
- Ground Floor Apartment
- Fitted Kitchen
- Private Garden
- Available Now

Alderney Court, SE10 £1,645 PCM

193 Trafalgar Road Greenwich, London, SE10 9EQ | 020 8858 0990



Rubicon
Think Smart
Move Smart

www.rubiconestates.co.uk



Drake House, Limehouse, E14

- Three bedrooms • River views
- Balcony • Concierge

£1,500,000



Poseidon Court, Isle of Dogs, E14

- Two bedrooms • River views
- Gymnasium • 1152 sqft

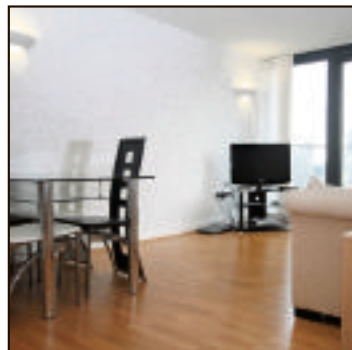
£499,995



China Court, Wapping, E14

- Two bedrooms • Open plan living
- Concierge • Balcony

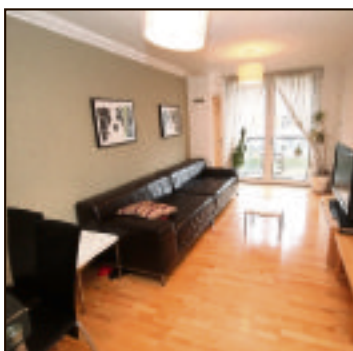
£485,000



Proton Tower Blackwall Way, E14

- One bedroom • River Views
- Balcony • Gymnasium

£325,000



Dunbar Wharf, Limehouse, E14

- One bedroom • River views
- Balcony • Gymnasium

£399,950



Fusion Building, East India Dock Road, E14

- 2 bedroom • 24hr concierge
- Two bathrooms • Communal roof terrace

£290,000



Eagle Wharf East, Limehouse, E14

- Direct Thames View • Allocated Parking
- Private Balcony • Available for Immediate Occupation

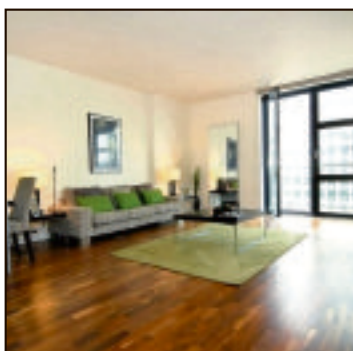
£520 per week



Medland House, Limehouse, E14

- Spectacular Marina Views • Secure Parking
- Private Balcony • Unbeatable Location

£450 per week



Discovery Dock West, Canary Wharf, E14

- 24hr Concierge • Gymnasium
- Secure Parking • Swimming Pool

£700 per week



Ionian Building, Limehouse, E14

- Underground Parking • Spacious Balcony
- 24hr Concierge • Orangery Courtyard

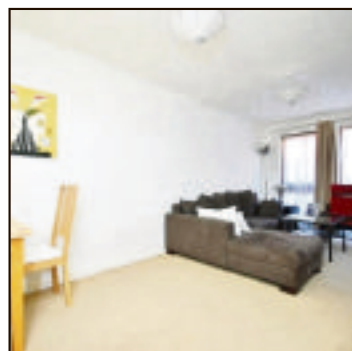
£335 per week



Kingsbridge Court, Isle of Dogs, E14

- Sailing Club Dock Views • Private Balcony
- Parking • Two Bathrooms

£390 per week



Goodhart Place, Limehouse, E14

- Gated Development • Private Garage
- Spacious Reception Room • Day Porter

£340 per week

Call us now for a fresh and unique approach to selling, letting or property management.

SALES: 02075109978
www.rubiconestates.co.uk

LETTINGS: 02075109982
info@rubiconestates.co.uk

Rubicon Estate Agents Ltd, 65 Narrow Street, London, E14 8DP



LocalMole.co.uk
Digging for the best local businesses

Dripping with plumbers

LocalMole.co.uk

The smart new website for finding trusted local businesses.



www.localmole.co.uk

PROPERTYTo advertise call **Nikki Hamersley** on **020 7293 2247****solicitors & estate agents****DIRECTORY****Gawor & Co**

Solicitors

Conveyancing Solicitors in The Docklands since 1992www.gawor.com

020 7481 8888

Services@gawor.com**hollandproperties**

Surrey Quays office

surreyquays@hollandproperties.co.uk

t: 020 7231 8160

Docklands office

docklands@hollandproperties.co.uk

t: 020 7538 5554

www.hollandproperties.co.ukSales
Lettings
Management**• SALES • LETTINGS • PROPERTY MANAGEMENT**

• Properties throughout Docklands, South and East London

• Call us now for a free, no obligation valuation

• 020 7515 0800 • www.lmlondon.com • valuation@lmlondon.comFacebook @
Landmark Estates
Twitter one @
Landmark_E14**ALAN SELBY
AND PARTNERS**www.alanselby.co.uk020 7519 5900 | info@alanselby.co.uk

Estate Agents | Land & Development Consultants

**PHOENIX
PROPERTY****SALES
LETTINGS
MANAGEMENT**www.phoenixproperty.co.uk**0207 702 3434**Email: info@phoenixproperty.co.ukGun Court
70 Wapping Lane
London
E1W 2RECanary Wharf 020 7510 8300
sales.canarywharf@chestertonhumberts.com
chestertonhumberts.com**REDWOODESTATES***Sales, Letting & Block Management*

Docklands office: 0207 510 9475

Royal Arsenal/Woolwich office: 0208 316 8990

www.redwoodestates.co.uk info@redwoodestates.co.uk**JONES LANG
LASALLE**

020 7715 9700

joneslanglasalle.com**Sales & Lettings**docklands.sales@eu.jll.comdocklands.lettings@eu.jll.com**11 Westferry Circus, London E14 4HD**

11 Westferry Circus, Canary Wharf, London E14 4HD

dockland.sales@eu.jll.com

PROPERTY

To advertise call **Rebecca Ginn** on 020 7510 6402

marketplace

Apartments & Flats to Let

Canary Wharf & City

New Easy Access One and Two Bedroom Luxury Apartments.

Available fully furnished or unfurnished. 1 min walk from DLR.
Free gym & pool. Restaurant, convenience store and
24 hour concierge all on site. Parking available at extra cost.
Daytime, evening & weekend viewings available. Great value,
1 bedroom from **£1,000 per month** and 2 bedroom from **£1,350 per month**.

Call Emmy: 07813 044 442

Accommodation to share

Westferry Rd (Isle of Dogs):

double room to let.
Friendly, quiet,
non-smoking house-share.
Secure development:
parking, pool/gym.
£585 pcm exc bills.
Suit non-smoking,
female professional-type
in full time, permanent employ.
Please contact on
07882 268783

**Paying for
your ad is easy...**

**When you use one of the
following methods:**

POSTAL
ORDER



Location, location, location...



A penthouse apartment with
views to die for... an elegant
period property with bags of
charm... a stylish flat near the
Tube... a bijou studio-crashpad...

Whatever you're selling or renting,
advertise with us in

PROPERTY

Contact Nikki Hamersley

020 7293 2247

email: nikki.hamersley@wharf.co.uk



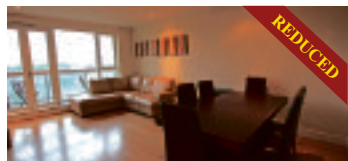


RiverHabitat.co.uk

River Habitat

Property Brokers

DOCKLANDS & CANARY WHARF



£691 PW

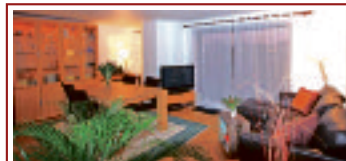
EATON HOUSE, CANARY RIVERSIDE, E14

- * Two Bedroom Apartment
- * Circa 1,302 sq ft
- * 5th Floor with river views
- * Balconies off lounge and bedroom
- * Open plan living space
- * Excellent transport links
- * Available now



DENISON HOUSE, LANTERNS COURT, E14 £310 PW

- Spacious one bed apartment
- Furnished on ground floor
- Concierge and residents gym
- Available Now



FREE TRADE WHARF, THE HIGHWAY, E1 £520 PW

- Two bedroom apartment
- Ground floor with terrace
- Partly furnished with parking
- Available 15th



PIGOTT STREET, LONDON, E14 £285,000

- Modern one bed flat
- Fully fitted kitchen
- Built in wardrobes
- Excellent transport links



DENISON HOUSE, LONDON, E14 £600,000

- Two bedroom apartment
- Open plan with balcony
- Circa 758 sq ft
- Excellent transport links

BLACKHEATH & GREENWICH



£234 PW

VENICE CORTE, LEWISHAM, SE13

- * Beautiful studio apartment
- * New development
- * Fully furnished with balcony
- * Open plan living space
- * Concierge, gym and pool
- * Close to Lewisham DLR
- * Available 27th January



MAZE HILL, GREENWICH, LONDON, SE10 £600 PW

- Separate kitchen opening out into the rear garden
- Good sized attic for storage and a garage
- Dining room/Reception room
- Furnished • Available Now



GLENLUCE ROAD, BLACKHEATH, SE3 £808 PW

- Five bedroom house
- Circa 2,500 sq ft
- Large garden for entertaining
- Available now



MAURER COURT, GREENWICH, SE10 £457,000

- Two bedroom apartment
- Open plan living space
- Two balconies with river views
- Close to North Greenwich Station



LANGDALE ROAD, GREENWICH, SE10 £1,450,000

- Five storey terrace house
- Six bedrooms, four bathrooms
- Circa 2,800 sq ft
- Rear garden for entertaining


www.RiverHabitat.co.uk

020 7791 9830

Info@riverhabitat.co.uk

The Suite LG, 655 Commercial Road, Limehouse, London E14 7LW





WE'VE GOT LONDON PROPERTY COVERED



CALL US ON
020 8432 0032

SALES, LETTINGS AND INVESTMENTS

London, Cambridge & Hertfordshire

Telephone 020 8432 0032 Email london@sab.co.uk
Boardman House, 64 Broadway, Stratford, London E15 1NT

sab.co.uk